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CHRONIC DISEASE

The Natural Method of Diagnosis and Successful Treatment

BY

DR. W. H. BURGESS

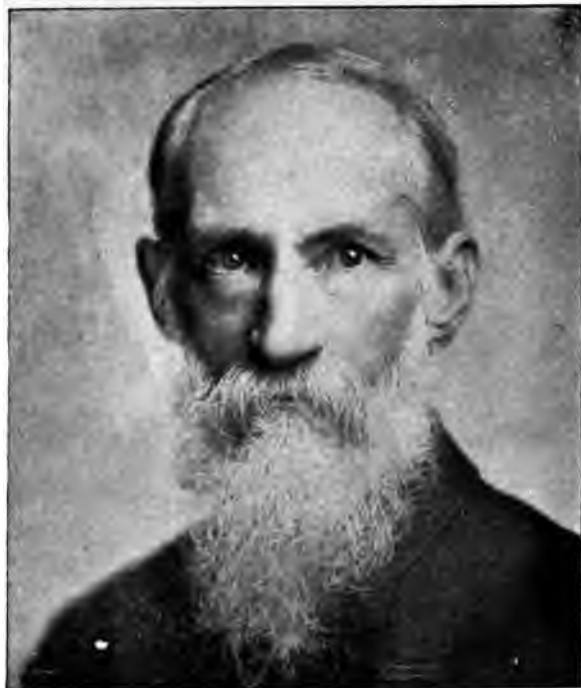
Author of The New Field

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EXPLANATORY.

The writer belongs to no particular school of medicine. He has found much that is good in all, and some ridiculous things, and when he finds fault the reader believes that he must belong to "the opposite sect." But if he goes on he will find all treated alike. We belong to The Great Human Brotherhood, and love all mankind, and especially all Doctors, and wish them to love each other, and we do not abuse *them*, but the isms and pathies that divide them and tend to prevent the good we are working for. Our enemies are false ideas and notions, and not our brethren.

We have received the greatest encouragement and countless helps from members of every school, and we wish to acknowledge our indebtedness for it all, and claim that natural fellowship that exists from the foundation of the world among all people as of higher authority than sectarian obligations. We regard everything that tends to abridge or abrogate this natural fellowship as treasonable. We have long ago cast all such things out of our heart, and hope to see the time when no such notions will be tolerated among doctors.

men, you can gain this method in a day, and be richer than ever Croesus was, and wiser than Solon.

We are disappointed in the aptitude of The Profession to grasp the meaning of our first book. The Editor of a great medical journal said, that The New Field was devoted to Epsom Salt. The President of our bank read the book and asked one of my men, "Does Burgess own an Epsom mine?" No, but Burgess owns something of more value than all the mines of this planet. We understand the value of what we possess, and know that its value will be enhanced for others to own it as well. We do not propose to sell it or divide it with you, but propose to open it up on your own natural ground and start you to digging for yourself.

We want no misunderstanding about it. While we devote our time to chronic diseases as a subject for illustration, and show how the method enables us to handle them as they never before were handled, how the *method* enables us to understand things which the Indians considered mysteries, and book men have *named*, but made no advance on the practice of the Indian, valuable as it all is, about chronic disease be sure to learn *The Method*, so you can throw the book away and be a law unto yourself.

DIAGNOSIS.

Diagnosis determines the prevailing condition in disease. This, if correctly determined, suggests the requirements in the case. Therefore this first step is of the greatest importance. The science of Natural Diagnosis, if well understood, enables the Physician to preclude all mistakes in this first step, and to determine the actual condition quickly and certainly, without asking a single question, or consulting any authority, save nature, herself. It gives an assurance of success hitherto unattainable by any means known to man.

Physicians, who have practiced it only a short time, declare, emphatically, that they do not see how they ever got along without the natural method, and that rather than go back to the old

methods they would quit practice; that the practice of medicine under natural methods is now a pleasure and not a terror, as it used to be. But the doctor is not the only one conscious of benefits. This volume cannot contain the numberless expressions from grateful patients, who owe their lives and health, and the happiness of their families to the simple method of determining truth, as set forth in Natural Diagnosis.

Why is it that a great class of diseases is considered hopeless? You just as well strike a patient with a club as to tell him his case is hopeless; it is not the truth. The truth is, "I do not understand your condition, nor do I know how to treat you; all such cases under my treatment have grown worse and died." This honest statement of actual fact gives the patient a chance to employ someone who can diagnose his case and save his life. But best of all, it brings home to the doctor the realization of the worthlessness of all the artificial methods in diagnosis, and makes it a stern necessity for him to take a step forward and learn the natural science, on which his success and even his own life and health depend. If he is at all willing to do so, he must earn the approval of his own conscience, the boundless gratitude of his patients and their friends, the applause of the entire community and the blessings of Heaven, represented by the ringing shekels that voluntarily pour into his coffers.

A certain shrewd specialist in one of our large cities had plenty of leisure to consult with the writer, and took a great interest in this natural method of diagnosis. He was having rather a blue time of it on the old plan, and adopted the new methods as fast as he found opportunity to do so. The result was that in less than two years his office practice averaged about one hundred calls per day, and he found it necessary to place the handling of his money, investments, etc., in the hands of his lawyer. His wife thinks he is the smartest man on earth, and his children reverence him more than the President. He is the most useful man in that whole city. Ask him to make you a list of diseases he has failed to cure, and he will not be able to think of a single one.

The idea of an *incurable disease* is ridiculous. What kind of a

tangle, or derangement, is possible in the organism that will give no indications, have no natural language of its own and no certain demands for relief? There is no such a condition in all human pathology. And when we say there is, and make a list of such diseases, we simply deceive ourselves and our people. The most we can say truthfully, is that we do not understand these diseases, do not know the indications and demands, nor the language of these conditions, though constantly repeated before us, and that our treatment is a failure. Why not appreciate the truth? When we come to learn natural methods, we soon find that we did not know the language of any disease whatever, and that, as far as we were concerned, we might have included all diseases in the list of incurables; that artificial methods are a scientific delusion, and practice founded thereon is a miserable failure and an imposition on the world.

"Time brings changes," is a saying that most people believe. As well say that the moth brings the ripe fruits in the summer. The truth is that scientific research, careful and honest labor brings these changes. The greatest change the world has ever experienced is now in sight; yes, in our grasp. It is the doing away of old artificial delusions, with all their historical failures, and in their stead the adoption of natural truth, scientifically determined by natural methods and amply proven to be truth before we trust it a single step. It is a great change coming, but by no means a revolution. It is the same old army, true as steel in purpose and perfect in allegiance, though daily defeated, and often pushed to the verge of starvation, yet true to the noble calling they have espoused. The same tried army receiving a new countersign (success) and new weapons and a perfect insight of the enemy's tactics and a map of the field.

Revolution means the success of the enemy. It means the lifting of some resistless genius to be the head of affairs, and the displacement of the ruling principles in the natural commonwealth. It may mean an ultimate gain to the few, but loss and injury to the many. Let no one throw down his old weapons before he has received the new and proved them to be better. Let every one continue in his own regiment, under his own captain,

and adopt as fast as possible all the means he may find to be of use to him and his fellow man. The most important thing that all the regiments, and every individual in every regiment, may adopt, without the least violence to their distinguishing badges, is Natural Diagnosis. Boys, it will help every one of you more than ten times a day, and is the first step necessary to final and complete victory. Revolution means mutiny and rebellion and every evil that is defined, which such times give ample license and opportunity to practice. The good time we see coming is the very opposite of all this. It is order, reason, truth, success and security.

Revolution springs from enmity, hatred, contention and strife; the object is destruction of good and evil together; the weapons used are questioned only as to capability of accomplishing the object sought, and never as to their truth and fitness to be handled in the great human brotherhood and to become ruling factors among men. Anything for the needs of the design; the dynamite of deception is eagerly sought to demolish truth's solid breastworks, and explosions and confusion and a great noise complete the work, and true science is set back a century, and old men call the attention of each other to the widespread features of destruction and desolation. The rights of the individual are sunken out of sight in a great humbug termed "the common good," over which the *individual*, nor *all* the individuals, have the least control, except through another revolution, and that without a precedent in all time of any betterment whatever.

That individual man was born to servitude, without inherited and inalienable natural rights, that fit him as close as his skin, and of which he cannot, by any means, divest himself, is a theory, "a put up job" on brother man, to fade away in the dawn of the good time to be. It is *easy* for a man to recognize his own individual rights, but to free himself from all prejudice and take real pleasure in acknowledging the equal, individual rights of all men and all women, Indians, Asiatics and Africans, is quite another matter, and yet easy to do when we make truth our guide and reflect that this is the only sure way to preserve our own

personal rights. If we see that all men shall have theirs, they will see that we have ours.

Natural rights constitute no definite quality. If only one man in the world was allowed his rights and all others were allowed no rights whatever, the lack of rights to them could not increase his in the least. For all to have their natural rights does not curtail the rights ever possessed by any. Thus we see that natural rights pertain to the *individual* and not to the state or any artificial organization. Great orators have told us how the Roman claimed his citizenship as the effectual pledge of his rights recognized in all the world. That is all bosh; the Roman has just as many rights today as ever he had, and more rights than he had under the Caesars, though not recognized as Caesar's in any land on the globe, because his rights pertain to *him* and not to the state. The good time to be, when truth shall be our guide, will recognize and foster individual excellence and worth, insure to all that liberty and opportunity necessary to individual development and intellectual expansion, and say to the cliques, sects and all Procrustean damnations, "Hands off." The idea of measuring everyone in our own half bushel and striking it off even will not come into mind so quickly as it does now.

In the good time to be glorious fruits will ripen that never before bloomed in the fogs of this low world. But enough of this. The truth is, that there is but one natural organization on earth—The Human Brotherhood—and all things that destroy fraternal feeling are evil. Even the artificial brotherhoods, secret sworn organizations, though seemingly for the purpose of strengthening fraternal obligations, in so far as they supplant true natural obligations, are evil in effect, and tend to narrow the minds of men and foster the seeds of oppression toward all the outside world. In so far as they rule in the minds of men they but usurp the throne of the rightful power.

If the spirit of destruction should blast the harvest fields, we could not feel it more than we feel a bread famine, in time of plenty, artificially induced by incarnate greed of those who recognize unnatural obligations among the trusted few.

If the deadly damps should gather in our mines of coal and a

coal famine result, freezing temperature could not chill us more than it does today with all the side-tracks of the great railways full of cars of coal purposely withheld that a famine may result. These good operators recognize artificial obligations, and these artificial obligations have dethroned that which is natural. These men are true to the bastard obligations they have voluntarily taken upon themselves, but traitors to the legitimate fraternal bonds. They are true to that which has no foundation in natural right, no binding force, and false to that which is coextensive with human life; as a necessary accompaniment, inseparable and inalienable.

Obligations to artificial organizations are theoretical, because they are not stable: they are this now, were that last year, and will be something else, not yet determined, next year, whatever their possessors choose to make them; there is no true principle running throughout. Like theory, they are made to supplant truth. Like theory, they are represented as beneficial, when they are not; always represented as of binding force, while the truth is, that no matter how solemnly imposed, nor how sacredly held, it is an actual sin to remain under them for one moment of time, or to reap the least advantage over our brother man thereby. The truth is that we owe the same fraternal obligations to a South American Indian, or to a man born on a naked rock in the ocean that we owe to one of our own country, sect or corporation. He is our Father's son, or he is not. If he is, then we are brothers and fraternal obligations exist, that are in consequence of parentage, in consequence of life, and cannot by any true philosophy be abrogated or supplanted during life. Treason is the greatest sin known to law. Theory is treason against science and nature. Artificial obligations are treason against Our Father and his household government.

It is a good time coming, not contention, strife and revolution, but the restoration of fraternity, the reign of scientific reason and realization of "Peace on 'earth, good will to man." The angels sang it in the skies; it has never been realized, but there is no true reason why it should not be. If we honestly divest ourselves of all theoretical humbugs that now enslave our minds, we shall

be nature's free men, Our Father's sons, and well qualified to trace the scientific wonders of the healing art, to step close in the foot-prints of Our Master, and to grasp the real scientific truth that nature continually displays around us. We shall be fitted to appreciate our lofty position and to hate the low, short-sighted grovelings of theorists and skulking deserters in the swamps of treachery in sunless regions. Albeit, they in the sunless are more excusable than we are, because their faith in all manner of error corresponds with their position, while our position demands the truth, and truth alone. It is craziness to make the philosophy of the lower regions fit the needs of life. The proper treatment of the dead is not proper for the living, but theory knows no difference between dead and living, for it does not deal in facts, but deceptions.

Theory is not a factor in the production of truth but an opposing element, and one which has been wonderfully successful for many centuries passed. It is exalted as something very honorable, scientifically deep and wonderful, its promoters the most learned and honored of the earth, holding imaginary positions unattainable by "common folks." The world's estimation of theory is a deception. Within, she is failure and rottenness, a mass of loathsome infection and reeking venom; without, she is clothed with the world's scarlet and pseudo scientific odors to hide the vileness of her breath and the stench of her presence.

"Truth, ever lovely, since the world began," is up and abroad; the darkness of the ages shall be rolled away, and the mythic tyrant's days be numbered, and the souls of men be cleansed from her filth. ("Gee, what a pretty little composition! What do you mean?") We mean that theory interferes with the natural method of determining truth, that theory dictates as truth that which is not true, and that the scientific world is deceived thereby, and becomes a servant of theory instead of truth, and that the world has suffered all manner of irretrievable loss in consequence. That we have carefully studied her ways and considered the fruits of her doing, and we are determined to break her yoke and renew our allegiance to nature and nature's God.

We notice that theory puts forth a proposition, and then the

"reasons and facts" to support it, while in nature we are not picked up and set away ahead in any such a way, but are *led*, step by step, safely and surely to the truth. We notice that her reasons are not logical, and that her stated facts contradict the known truth, and that the fruits of theory are not what she promised. In looking to her record, we notice that she has made all sorts of promises and used all sorts of means, and made all sorts of assertions without regard to consistency, *for the purpose of deception*. The backward look is a wonderful revelation. We notice that this matter of deception is the only thing common to all theories; it is the fruit of the planting, the harvest of the sowing.

All theories that have ever been put forth have borne this fruit, and we propose to write a period, and have no more to do with her "facts" forever.

Man is the born ruler of the world, the prince of nature's powers, his Father's son, and like a dutiful child, we intend to learn to use our great power, and exalt the dignity of our throne to the honor and glory of Our Father. Error makes man an abject slave, but truth makes him free. So it becomes us to love the truth, and seek it in natural ways, and to apply natural methods of determining it to every single thing in the world. True science is knowledge, knowledge is what is positively known; it is not a great array of theory. It is very necessary, therefore, that we make a radical distinction between true and false, between knowledge and theory.

The historian makes a distinction between truth and fiction, history and novels, and it is just as necessary for us to make a distinction between truth and theory, or truth itself and what may be in the garb of truth, as fiction may be in the garb of history.

Scientific men have followed various theories for time out of mind, and have not profited thereby, and we must do better, which is impossible if we pursue their methods. Our *methods* must be correct, if we hope to arrive at the truth, and do better than others have done. In a scientific point of view, it is a most ridiculous thing to receive what we suppose to be truth at second

hand and have no way of our own to determine it for ourselves. One teaches some kind of a theory to another, and he to another, and so on ad infinitum, and they term it science, knowledge, education, etc., when it is in reality nothing but bosh. Knowledge develops man's power, but this develops a distrust and faithlessness in all things, develops weakness and not power—in a word, it is ignorance and not knowledge.

We should clearly understand that we all have the natural means within our own minds to determine truth, and all that may be known of truth within human limits. That natural methods are very simple and free from error. And if an error be made the proving will show that it is an error, and often point unmistakably to the exact truth, and the same mistake will be made but once, while, like a blind brute, theory goes blundering on forever.

You think we have said too much about theory. We have not said half enough, but will quit for the present and deal with some solid facts of nature, which will show us how to avoid all manner of theory, and determine reality in a natural, scientific way.

Astronomy was considered a theory in the days of Kepler, gravitation was considered a theory in Newton's time, and natural methods are now considered a theory. The devil wants to smother truth as much as possible, and when it will crop out in spite of him, he wants us to believe that all truth starts in a theory, and slowly develops until finally it outgrows its theoretical clouts, and lo, it becomes the truth. How ridiculous, senseless and unscientific. In the face of theory, and in subversion of all theory, Kepler demonstrated the simple truths of astronomy, and following out these same truths in a natural way, Newton demonstrated the principles of natural attraction (gravity) which, in the hands of Divine Power, governs all with mathematical precision.

Natural diagnosis is a mere "side show" compared with these stupendous scientific truths, but the man who gathers the fruit in the orchard and does the work on the place gets all the ripest, sweetest fruits to handle, and eats more and better than the owner who sits back in the shade of his veranda ever gets or is able to enjoy if he could handle the whole fruitage. The active man is

able to digest more, eats with more relish and reaps the greatest natural benefits, though only a hireling on the plantation. And now we honestly intend to accept the wages nature offers, and faithfully and carefully handle her matchless fruits and nurture the trees and vines that bear them, and lay the proceeds at the feet of our Master, and profit in every natural way for which he has so lovingly provided. We intend to recognize the enemies of the scientific field and fight them to a finish, and slight the loafers on the premises in all possible ways; we intend to catch the moths that lay the eggs that hatch parasites. We intend to be thoughtful and wide awake to our duty, and persuade other laborers to come into the field and reap with us the bounty of the harvest. They must understand the difference between the plants and the weeds, and cultivate the plants and cut the weeds out. They observe readily that the plants are all in a straight line, while the weeds (theories) come up promiscuously. It is perfectly natural to know the difference between the plants and weeds; it is easy to show each other the difference, but it is the hardest thing in the world to make one of these loafers on the plantation agree that there is any difference. He can see the difference when they ripen their fruits, but he refuses to talk about them, and always wants to discuss the newly sprouted productions, and exalt their wondrous prospects, though he is well aware that they are not in the straight scientific row with the plants that bear the best fruits.

We must love the plants, and hate their enemies, and respect the loafers only to the degree of toleration, for our Master's sake, because they all eat at his table, and pretend to love him. We must work as well as eat, and we must use the tools on the place to do the work with. The loafer sits down by a stump and digs around a weed, or a dead root with a trowel; he has no desire to follow the plow from side to side of the field, guiding it close to the plants, making them conspicuous and destroying the weeds on every side.

The most effective implement we have in nature's field is the *method*, the natural method, by which we can determine the fruits planted in the field at all stages of their growth, by which we can

determine truth from fiction. It is. *Take a symptom in sight, actually observed, and clearly defined, and trace it backward to an adequate cause. Then take this cause, or causes, and read forward all the necessary consequences, as far as desirable.* This simple method is worth constant repetition on every page of our work; it is worth memorizing, and pondering in our minds every day we live; it is the tool that Kepler and Newton used in recognizing the scientific truths of nature. We found it under that same "apple tree" where Isaac threw it down when they sent him to Parliament to carry into effect the theory of the coinage, how the possessor of a "clipped coin" might (at the public expense) receive in exchange for it a new coin of full weight. How the possessor of little might turn it into much without any labor on his part, only to the loss of those who possessed less than he, or even none. That was supposed to be a successful theory at the time, but we observe that the loss to the nation applies to the theoretical part, and that the benefits apply to and are derived from that part of the plan which is true as gravitation and by no means a theory, viz: The recognition of intrinsic value rather than the *name* of the coin, or government stamp. The government lost, in order to please the rich, and gained in all time to come by the application of sound principle to the vexed question of coinage. The theory that the stamp of the government carries the value makes trouble when time and wear efface the stamp of power and the naked metal must plead for itself.

Thus it pleases theorists to mix in spurious things, to please their own vanity, with solid medical truths enough to make it pass, and so defraud the world. But run the natural method through the rows, and the true will appear in beautiful lines, and the false will be in the plow's way and be uprooted and covered out of sight, and the reapers will rejoice. It is right to plow up every vile thing that grows in "the balk," everything that does not appear in the straight scientific row. The natural method will cut true to the line, and truth will become very prominent, and theory will be despised, and loafers will offer to work cheap. The work will be nice and attractive and no one will fear the results.

The method is natural to mentality, and is applicable to all fields of science. Astronomy is perhaps the easiest. When Kepler saw the Transit of Venus, he traced it in a natural way, and the science of the universe opened her doors to his eyes. When Newton observed the falling of an apple he questioned the power that drew it to the earth and traced a natural relation that exists between all things. A force that holds the stars in their orbits and even comets in their wild career. Maury traced meteorological phenomena, and evolved the science of physical geography. We cannot hold the world spell-bound, as these great men have done, for the task is greater and the means of performing it is small, but the greatness of the method remains, and reasonable success is sure. The day of wonders is not passed. Nature is a wonder, and natural methods faithfully pursued produce wonderful results every day we live. The simple method of tracing things in sight back to an adequate cause, then evolving the necessary consequence, is like reading from nature's face the meaning of every feature.

The application of natural principles to the science of diagnosis and treatment of disease is perhaps the most difficult of all their applications, but there is no mistake in the method nor the means, and if we are content to quietly pursue our way and do our best, the results will be true, and all good men will excuse our failings.

Abstract principles told and repeated the best we can do not convey an idea of the real worth of the natural method. To understand it fully we must do some tracing and see the fruits of the work. Take the symptom of paleness or bluish paleness with chilly sensations. The paleness is in consequence of diminished circulation in the surface tissues; this to nerve tension, which indicates that the surface tissues and pores of the skin are contracted and the volume of the blood thrown on the deeper organs, and elimination by the skin checked.

Now, if in addition to the symptom named there be headache, it indicates that the morbid matters within have been retained long enough and have accumulated in sufficient quantities to irritate the brain and in some measure produce a congestion.

If the paleness gives place to a flushed countenance and dry, hot skin, it indicates congestion, nervous irritation and a dangerous amount of retained toxines. The temperature indicates the unusually rapid formation of toxic recompositions in the circulation. If in addition the pulse be excited, and a laboring heart the indication is circulatory obstruction from serious congestion, as in pneumonia, etc. If there be soreness of muscles, pain on motion, etc., it indicates toxic deposits in the capillaries and a circulation highly charged with the products of decomposition from which these compounds resulted and are constantly being augmented. If there be perversion of taste, it shows that these accumulations are sufficiently great to interfere with the normal action of this particular set of nerves, and might interfere with the nerves in general. Rheumatism and neuralgia show still greater deposits, or more toxic compounds in the deposits. Bronchial exudates show reaction, and an effort of the mucous glands to free the blood of its retained elements.

We trace symptoms singly to that which produces them. We may take any one of these symptoms and trace it back to the closure of the pores of the skin. Take bronchial exudates, etc.; it is from a toxic condition of the blood; this is from retention by the skin. Take rheumatism, it is from toxic deposits in the tissues; these are from a circulation overloaded with the same, and this is from retention by the skin. Take neuralgia, it results from congestion and toxic irritation of a nerve; this from decompositions that recomposed toxic compounds in the blood retained by a closure of the dermal pores.

A tracing is made in a moment, the tracer hardly realizes the mental operation, it becomes so rapid with those familiar with the method. Every symptom in a case may be traced in the time required to name them, and the symptom producer, to which they are traced, is the deviation to be treated, the disease of the patient. In the case above, the disease is retention. Every symptom depends on retention as its producer. Treat the retention successfully and every symptom vanishes, and a state of health ensues. Retention, as a disease, has many forms, and these forms are only symptoms of the real disease that produced them,

and continues to keep them produced so long as the retention continues. These many forms and even the symptoms are considered separate diseases by men who delight in making mud pies and the use of the trowel, instead of hitching up to *method*, and geeing round into the row, and going straight to the end and turning the soil up, like a man does, burying every theoretical weed out of sight.

About half, or more, of the 600 diseases named in pathology depend on retention, and are retention, for treat the element of retention, the only condition common to the whole class, and no disease remains. In the class are some double diseases, or multiple diseases, that depend on more than a single symptom producer. The symptoms may be correctly traced to more than a single cause. Dropsy is an example, in which we have the retention and also a nervous inability to maintain a state of health. Our loafers do not care to recognize either cause, but simply plaster and daub round with their insignificant trowel and then back out, and say that there is a great class of "incurables," and this double disease is one of that class. It is no such a thing; it is as easy to understand as any other disease, and is one of the easiest to cure of all chronic disease conditions. Use the natural method, trace every symptom to an adequate cause, then treat the symptom producers in a rational way, and success is sure.

It is ridiculous to waste time in a fruitless study of pathology, a study, the deeper we go, the less we know. We must use the natural method and work to some effect. In the centuries passed, scientific men vied with each other in the production of theoretical complexities, for no other apparent purpose than who should excel. The pride and vanity of the old-timer betrays him. One great man classified 300 diseases, another 400, another 500 and another 600. This last man, not only lifted himself, but pulled others down, and abused his own craft, even accusing them of wholesale murder, and all manner of inconsistency, and himself at the head, and the most inconsistent man in it, for he could not have stood a creditable examination on his own voluminous list of diseases and classification. He did not know the difference

between a disease and a symptom, and jumbled them all together in the most unscientific manner.

Now let us trace some of the symptoms that result from another cause than retention, and see the further advantages of natural method.

A sense, or feeling of weariness. An unaccountable desire to rest, sometimes simulating laziness, at others prostration. Sometimes an initial chill. A flushed countenance. Excitement of the pulse. High temperature, increasing day by day. Complete anorexia. Skin eruptions. Feter. A tendency to devitalization of tissues. Local ulceration. Glandular derangements, etc. The tongue is very red and coated with a fetid slime. The sclera of the eye is clouded with sulphurous tints, showing rapid decomposition of albumen in the circulation. There is generally a hint or history of contagion, infection or invasion. The fluids of the body show the presence of innumerable organisms not natural to the body. The toxemia is more dynamic than we noticed in retention. As the foreign organisms increase in numbers all the symptoms become more pronounced and grave.

This is microbic invasion, producing more virulent toxins than are natural to the body. In retention the symptoms arise from natural toxins retained by the skin, while invasion produces the symptoms arising from both natural and foreign toxins, and more rapid waste and breaking down of tissues. Even if the microscope revealed nothing, the history of contagion, the languor of the incubative period, and the final yielding of disease to the recuperative powers are analogous to invasion and indicate it. But the presence of an invader that increases in numbers as the disease increases in severity, and diminishes as recovery takes place, is ample proof under the circumstances, circulatory excitement, glandular derangement, toxic exudates, high temperature, feter and eruptions, that the symptom producer is invasion.

Plain and convincing as this kind of reasoning may appear, it is of the trowel sort, and not like running the natural method through the straight row from end to end. Though no mistake is made in the above, it requires a vast amount of time and deals

with personal opinions, which may be variously construed, and the constructions passed round like hash, until men forget which is construction, which is opinion, which is fact and which is hash. It leaves so much room for mistakes, that mistakes will be the rule and true work the exception.

Now apply this form of reasoning to the condition known as tuberculosis. As the symptoms increase in severity the microbic organisms increase, and as the symptoms subside the organisms decrease in numbers, and we are forced to admit that it is invasion, although we are well aware that treatment founded on that idea is a miserable failure. But apply the natural method and we discover in a moment that the microbe is a scavenger increasing and decreasing as the pabulum necessary for his subsistence. Let us try it, first run the method through the case of invasion, and then through the tuberculous condition.

The tendency to devitalization, ulceration, eruption and fetor point to the rapid formation of toxic compounds in the blood. Glandular derangement points to the same, and this indicates a source foreign to the body, and antagonistic to normal functional process. Examination shows that a foreign factor actually exists in numbers proportionate to the gravity of the case. Take the nervous condition; the irritation and general nervous derangement is in consequence of toxins in the blood of more virulence than are common to the body, and these indicate the source, as a foreign invader. Take the character of the pulse; the circulatory excitement indicates nervous irritation; this indicates the toxin that indicates the invader. The temperature indicates abnormal waste to be oxydized, and this indicates the microbe that makes the waste (though fever is common to all disease, yet under the circumstances we trace it correctly to the invader; under other circumstances it would be as correctly traced to the symptom producer present.) Take the symptom of eruptions; these show toxic deposits in the glands of the skin; these show the condition of the blood from which they are derived; this indicates the invader that makes it so.

Every symptom traced straight through points to an invader, and the combined character, as a whole, indicates the particular

invader present. All invasions are traced alike, but the combined symptoms in different invasions produce a difference in character by which all invasions may be differentiated.

Now, suppose in tuberculosis we begin with the natural method to trace the symptom of bronchial exudates. We find the quantity to indicate a product low in toxicity and a vast supply in the blood, but little nervous irritation to indicate toxicity from any source, no circulatory excitement as must be the case in all invasion, and the method will not work at all in such a crooked row. It is not the province of man to stake out the row, but to take things as he finds them, and square his position to them.

Now apply the natural method to this condition and see if it is crooked, or are our own ideas at fault. The copious exudates in the bronchi are from the excessive waste in the blood, mostly albumen in various stages of decomposition. This is from an excess of nutriment poured into the blood by an insatiable appetite, and the inability of the cells to use this vast amount of nutriment, and from excessive breaking down of tissues characterizing the disease. This inability of the cells to use a normal amount of nutriment is traceable to a low sympathetic nerve power, unable to maintain them at the positive magnetism, so they may attract the negative oxides in the blood. Thus the natural tracing runs straight through and locates the symptom producer in the nerve power, and explains itself all the way through. Now take the pulse; the character of the circulation confirms the findings. It is a case depending on the factor *enervation*, and though microbes be present, and plenty of evidence, pro and con, that the condition is invasion, yet the method does not find it so, but almost the opposite of invasion.

Then we find that practice under the method is successful, and that settles all questions, for practice under even sound reason, in this particular disease, has always been a failure. Take any other symptom in tuberculosis, and trace it methodically out to an adequate cause and the result is the same—*enervation*, as the prime factor. Every single symptom present from the incipient stage to the hour of death, methodically traced, indicates *enervation*.

We are well aware that invasion may exist as a complication, such as measles, etc., but the symptoms of tuberculosis will still be traced to enervation, or an insufficiency of vital power, and by the very same method, the symptoms of invasion will be traced to invasion. Symptoms are but an organic expression, never amalgamate, always single, and express the exact condition as well as it is possible to express it in any language on earth.

A patient with measles may take cold, his nerve power may break down, he may take alcoholic poison, and fall out of bed, and so suffer with every disease known to man, all at the same time. The character of the pulse will indicate the invasion. The weakness will indicate the enervation; the dryness of the skin will indicate the retention; the mental condition will indicate the poison, and the bruises and local inflammation will indicate the trauma. The very same method of tracing a symptom in sight backward to an adequate cause, and evolving all the necessary effects of that cause will quickly untangle all the knotty conditions in pathology.

These tracings may, once in a great while, be baffled in their findings, but time and more light serve to make all plain and certain. Never, in a single instance, will positive findings be totally incorrect, or at variance with exact truth. Positive findings based on the tracing of a reality in sight back to an adequate cause are unexceptionally correct. It is the unnatural method of theorizing, and of "beating the bush" for strange and startling notions and theoretical wisdom that makes such an ass of a man, that otherwise might have fairly averaged with his fellows.

The tracing of the symptoms of tuberculosis, Bright's disease, anaemia, and all chronic wasting disorders reveals a third symptom producer—*lowered vitality*, or *enervation*. The symptoms are a weak pulse, irregular appetite, often insatiable, mucous exudates, clammy sweats, cold extremities, flabby muscles, weakness, cough, purpura, swollen feet and a tendency to take cold every few days, and many other minor symptoms.

Enervation produces a great many conditions scientifically known under different names, but the symptom producer is the

same in all, as pointed out by natural methods. Take the symptom of cough; this is the effort of the system to throw off irritating exudates in the lungs, the exudates are from decompositions in the blood, these are from an excess of nutrition in the blood and from systemic waste, this is in consequence of the cells not being able to take the nutriment and keep up tissue repair and stop abnormal waste, this is in consequence of nervous weakness and inability of the sympathetic to supply the cells with positive magnetic influence to enable them to attract the nutriment from the blood stream. Take the symptom of proneness to cold and retention; this relates directly to a low resisting power, poor vitality and enervation. Take the symptoms of purpura and swollen feet; these relate to a weak circulation and passive condition of connective tissue and vessel walls, all under direct sympathetic control too weak to change the condition, or enervation. Every symptom in every case properly traced ends in enervation. And observation shows that in all these diseases enervation is the only constant symptom, from beginning to end, that is common to all and in every case, and that there was a time when this was the only symptom of disease, for it is the beginning and cause, and the disease itself.

Enervation is the easiest disease to diagnose and treat. It is a slow disease, and gives ample time for treatment. Slow diseases respond to treatment slowly, and there is no excuse for not understanding it. You can diagnose enervation from the pulse alone. If you were stone blind you could diagnose this type of human ailment and never make the least mistake. How is that possible? In the present state of our science it is not possible even though you had eyes like a hawk and large as the owl's, stuffed up with all manner of theory, one that a bacillus is the cause of disease, and another that such is not the cause, distracted with all manner of contradictions, wishing to follow the lead and teaching of some mortal man instead of immortal truth, it is utterly impossible for you to diagnose anything, or even to tie your own shoes. You are more helpless than a baby.

Take some resolute little babe in his mother's arms as your ideal pattern, watch him a while; there is no theory about him;

he will conquer all manner of deception and have what he wants; see if it is not the natural method he uses so effectually. Now at what point in that child's life is it proper to give up the natural method and surrender to lies and be a fool? On that line these things are impossible, but on natural lines they are invariably successful. You can diagnose enervation from the pulse alone, without asking a single question, without counting the pulsations or looking at a watch; you can hardly grasp the hand of a patient without knowing if enervation be a factor in his trouble.

There is no excuse whatever for a death from enervation. In a land of bounteous harvests, you agree that there is no excuse for death from starvation. Well, enervation is nerve starvation, and there has never been a time in the world when there was a nervine famine. But for all that, our people have died the same as if there was, and it is a grievous famine in all the world today, not the failure of bread, not the failure of the crop of nervines, but the failure of the crop of sense. And not that exactly, for men have as much sense as ever they had, but the preponderance of theory over sense, the acceptance of deception instead of truth is the trouble.

Away down in the rocks we find evidences of a carboniferous period, when few types of life flourished. And they did flourish, all else was crowded out, and great heaps of these growths, dead and living, smouldered together on the surface of the earth. Upheavals and depressions, nature's respirations, buried them out of sight, and brought to an end the crowding game, and made room for the glorious fruits we eat today. The phenomenal growth of deceptive theory would crowd true science out of the world and enthrone the god of deception over all. But nature is taking a deep breath, and lo! the great piles of dead deceptions with all the live theories shall be rolled together as a scroll, and covered in depths unknown, and there forever rest in blacker blackness than ever smutted a miner's face.

You notice that we have traced all the principal symptoms found in pathology back to three symptom producers—*Retention*, *Invasion* and *Enervation*. In all our future tracings keep watch!

of these three prime factors, and note if a symptom can ever fairly be traced to any other producer.

Beside these three causes of disease, or diseases, we have a great class of *traumas* and *poisons*. (Medication falls in these two classes.) They are the most interesting of all, and require and imperatively demand the application of natural method to straighten up the multitudinous tangle of notions concerning them. These five diseases—*Retention, Invasion, Encrivation, Trauma, Poison*—are the only diseases we have ever been able to diagnose. And we believe that they are the only diseases in the world, but adhere to the *method* and not to our belief, and will be delighted if the method ever shows us further into natural mysteries. The position of a child desiring to learn is the only scientific attitude to maintain.

To have these five symptom producers well in mind and put your fingers on a patient's pulse, and allow nothing he may say to interfere with your tracing, better if he says nothing, in less than 60 seconds you are well aware of the symptom producer in the case, and are able to prove it to the perfect satisfaction of the patient, for you can take this symptom producer and read forward all its necessary effects, and this reading will include how he felt yesterday, how he feels now and how he will feel tomorrow. You have his confidence in a moment, and the approval of your own conscience. No theory on earth ever proposed to give you such power. No conceivable amount of lies will do for you what the naked truth will do. You have done a thing that all the famous doctors of this world, Aesculapius among them, never pretended to do, and could not do if they made such pretensions, for they did not use the *natural method*, which alone is able to make it possible. It beats the mutterings of the Sibyl, and the rappings of the spirits.

One of the noble doctors who criticised my first book, said "It is too good to be true." We wish to remark that truth is the best thing in all the world, better than anything else the mind of man can imagine, and that we are not yet satisfied that we have it as good as it is, and are constantly making tracings to further explore her delightful realms. Though we have learned to recognize

disease in a moment, and to cure it as quickly as a nerve can respond to treatment, though we have learned to recognize the cause of disease in the system before it has produced the disease, and to nip it in the bud, and have even learned to recognize a liability to disease, yet we are not sure that enough may be learned to enable us to avoid the liability, avoid the cause and the disease, and have no use for medicine, no use for anything but truth and faculty to comprehend it. We are satisfied these things will not be attained in our time, or under the present regime, but feel it a duty to approach it as near as possible.

Skill, as well as science, is necessary in diagnosis. We may know how a thing is done and yet not be able to do it. Knowledge is free as the air; it is simply *imparted*. It is simply *gained* by those who desire it and *lost* to those who do not appreciate it. But skill is a different thing. It is *earned* as a laborer earns his wages, two for one. It is the right of the sick to have the most skilful attendant they can procure; it is their right to know the difference between skill and awkwardness, but the unscientific pretender, the representative of medical theories, that has neither skill nor awkwardness has no more right to attend the sick than the wolf has in a sheep-fold.

Diagnosis from the pulse is the most reliable. It is not counting the number of pulsations in a given time, but the *character* of the heart and arterial efforts, the regularity and fullness of the pulsations we should regard. We should keep the object of examination in view while our fingers are on the pulse. We wish to learn from the pulse the condition of the nerve power behind it. There is a certain range of the normal pulse to accord with circumstances, such as age, standing, sitting, lying, digestion, exertion, etc.; below this range is the pulse of enervation, above it is the pulse of retention and above that is the pulse of invasion, all carrying the range and variation as the circumstances may be.

Irritation is from toxic compounds in the blood, and is well marked in the pulse. Inflammation is also well marked, and many systemic disorders, if not all, are perfectly distinct. Take the alcoholic pulse as a type of irritation, the pneumonia pulse as a type of inflammation, the pulse of "bad cold" as a type of

retention, the typhoid as a type of invasion, the consumption pulse as a type of the enervations. These, if well learned, cover the whole field, and will be a great assistance in diagnosis from the pulse.

DIAGNOSIS FROM THE EYE.

In a great many chronic invasions and traumas the pulse becomes weak as in enervation, and enervation exists, being induced by the chronicity. In such cases the appearance of the sclera of the eye will assist in diagnosis. A general atonic condition dilates the vessels in the eye and lets in the red corpuscles. Rapid decomposition in any part of the body is shown by sulphurous tints in the sclera. All parts of the body contain albumen as a constituent, and there can be no serious breaking down of tissues without setting free the albumen, which decomposes in the circulation, and the sulphur set free clouds the eye.

This was never dreamed of until the natural method was used, and in tracing out what the clouding is, and what its source, it becomes very plain, and of useful application in diagnosis. A brownish tint of the clouding indicates the breaking down of blood corpuscles and decomposition of hemaglobin, setting free the iron which clouds the eye.

DIAGNOSIS FROM THE TONGUE.

Ask any experienced doctor what is meant by the appearance and coating on the tongue, and he will run over a list of signs indicated by the tongue. Ask another doctor of equal experience, and he will run over another list, not at all like the first. A given condition of the tongue tells one story to one of these men and another story to the other, and neither doctor can give any reason for the way he reads the signs, nor do they know of any way to determine it. They do not understand how to trace a thing up and be sure of it. We notice that the clouding of the sclera of the eye always corresponds to the coating of the tongue, and that one may be determined by the other. If a man has tobacco in his mouth you can notice the eye and tell how the tongue ought to appear. The same systemic conditions that

cloud the eye coat the tongue and may be traced in the same way. The sulphur tints on the tongue denote rapid waste and decomposition of albumen, and the brownish tint is from broken down corpuscles of the blood. These old doctors say that a coat on the tongue means stomach derangement. Of course the stomach is deranged, for it must draw the digestive fluids from a circulation loaded with decomposition, so we see the coating does not mean the derangement of the stomach, but it means the decomposition that deranges the stomach. It seems like a play on words only, but in practice the difference in how we understand things is daily apparent. The coating of the tongue means decomposition in the blood, and that means vastly more than stomach derangement. It means general glandular derangement, the formation of toxins from products of decomposition, and deposits in the tissues of the mineral matters contained in the substance decomposed, or the loading of secretions with the same. It may mean, under certain conditions, the formation of concretions.

Without the tracing these good doctors could tell no more than observation taught them; that is, when the tongue is coated, look out for some of these troubles; all are possible and some are certain.

The white coated tongue is said to indicate catarrh. That is, that condition in the blood that induces catarrh, and what that is we do not know, and define it for the present as a lack of Epsom salts.

DIAGNOSIS FROM THE FEATURES.

This is a field of surprising results. That a man's eyes were made and set astride of his senses for the purpose of quickly taking in the surroundings and of interpreting the meaning under prevailing circumstances, must be a fact, and that he can do it without the least apparent effort is one of the most surprising things we ever learned. It is this same thing, same in principle, that so pleases a child when he finds that the things around him are really as they look to be, and that he can take hold of them with his own hands. Set your eyes moodily on a patient,

and mentally rehearse the words—*Retention, Invasion, Enervation, Trauma, Poison*, and guess which is the underlying factor in the case. Then examine the man and see how well you made it. By and by, you will find that it was not a guess at all, but a rapid mental operation founded on real symptoms in the features discovered by the eye. It is a real scientific diagnosis, though somewhat imperfect, and should never be trusted alone. The sick are naturally entitled to our sympathy, and the very best that can be done. They are entitled to all we can learn in a casual way and all that can be brought out by the most careful thought and examination, all that natural methods and labor and research can afford.

DIAGNOSIS BY HEARSAY.

This is the variety "The Books" treat of. You ask a sick man a question, in language he may, or may not, fully understand, and base your findings on his answer, which answer you may, or may not, fully understand. Or he may write you a letter, and you may form an opinion of what ails the man by what he wrote. Some specialists, good ones too, form no opinion whatever, no diagnosis, but simply send the patient a suitable tonic and stimulant and advise such other measures as may be proper, and see to it that he gets no medicine or diet that will interfere with improvement, and predict an improvement, and lo! it comes just as predicted and the fame thereof goes abroad and the shekels flow in. It is a matter of good sense in the specialist, and not of science. The man of true science and less sense may prosper less, and do less good in the world, but we imagine that all men will reap as they sow, and that the science man will feel the best in the wind up.

Let a dozen different doctors put the same question to a sick man, one hour apart, and he may answer it in a dozen different ways. In actual practice the same question is asked by a dozen different doctors in a dozen different ways, and leads the patient to answer differently each time. Then the various doctors say different things just before the question and just after it, and so lead the patient to vary his answer. Then different doctors

look differently as to the way they wish to impress the patient with the gravity of his situation, because it makes a difference in the pay, and different doctors desire different amounts of money from the patient. All these and other cumulative differences brought together in a single case precludes the probability of correct work. It is no wonder that the world groans under its load. Diagnosis by hearsay is not worthy of scientific notice. The mal-practice so prevalent under the prevailing rules ought to be punished by the state. Men have more sense, and they should be compelled by law to use it.

What a contrast between this and natural method! Twelve doctors, using the natural method, and asking no question whatever, will agree on the diagnosis of a case, and every one of them prescribe the same line of treatment. This has been tried and found to be true. Any number of doctors will find the same conditions and make the same diagnosis.

It has been said that a good doctor is apt to cure his patient, and that two doctors are not so apt to cure, and that three doctors are sure death. It is only the graver cases that often call together medical counsel, and recovery is very doubtful, with or without counsel, which consideration gives ground for the saying. But the main ground is as stated above—the lack of natural method.

We believe it very possible, and even probable, that a well man may be examined by the rules and prevalent practice of our day by half dozen doctors, and scared to death, in spite of all their drugs, in less time than a week. Such a thing is not possible by natural method. The natural method is correct in principle, correct in practice and successful; it is a natural necessity, and must soon be recognized everywhere.

It would seem that the diagnosis of chronic disease must present greater difficulties than acute, but how about this division of disease into two great classes—acute and chronic? Is it natural; is it real? In the sense generally understood, it is misleading, for retention is the same in all circumstances; so are all other symptom producers. A patient suffers with "acute" retention. We diagnose this from the pulse; it is above normal, and shows capillary obstruction and nerve tension. Time goes on and the dis-

ease becomes chronic, and we diagnose it again from the pulse, but we find the character greatly changed, the pulsations more rapid and weak, the idea of nerve tension so prominent before is altogether absent, and in its stead atony and lassitude. We have the symptoms of enervation, while we are trying to diagnose chronic retention. We should not try to diagnose anything but the patient's condition. Retention is an acute affection and tends to induce enervation, and invite invasion. And the condition we now find is enervation, though it may be both retention and enervation, for persons suffering with enervation are prone to take cold on the slightest exposure, and when they do it is an acute affection with a chronic.

The natural method clearly points out the exact condition, and that is what we desire to know. Acute symptoms may point to a chronic or acute ailment, as the case may be. We should not regard distinctions as of any vital importance. All the difference that Burggreave made in the treatment was his famous adage, "Chronic treatment for chronic conditions." And that simple sentence means a volume. It means that medication in a general way be spread out over a greater time, that dosage be not so rapid as in acute disorders, because the system is not able, generally speaking, to utilize remedies so rapidly, and it is a tax on the organism to give drugs that cannot be utilized. Indeed, the system should have a little natural rest between times. But it also means that you do give remedies as fast as the system can utilize them, all things considered, and it means that it is owing to what sort of a drug you find indicated. If Epsom bath and a stimulant be indicated in the last stages of enervation, you can hardly repeat them too often. The capacity of the patient to utilize them is the only limit. In chronic conditions, when the patient is dying for a lack of cell salts in the blood, you should give bran buns as often as they can be utilized. That is to the full capacity of the digestion. So you see the good doctor meant *capacity*. Drug and dosage no faster than can be utilized. And how fast they can be utilized depends on conditions and circumstances.

A lady "in the last stage of consumption" was sentenced to die

that night by her attendant; doctors were changed. Internal treatment was of no use; the patient was not able to utilize it. Warm Epsom sponge bath (1 to 16) and a hot application of a stronger solution (1 to 4) to the feet were ordered, to be repeated as often as it would do any good. The nurse said it was repeated 50 times, but that is not likely, 15 to 25 times is perhaps about true. In the morning stimulant and reconstructive treatment was begun. In two months the lady walked a mile and back, uphill and down, and is considered well. So you see what chronic treatment for chronic conditions means. X

When one symptom producer is discovered there may be a disposition to stop at that, and treat for that alone, but by doing so we miss the most interesting part of the work. The method teaches that we take this symptom producer, when found, and carefully read forward all its necessary consequences, and see if that covers the case, if that is a faithful description of the condition before us. If not, then we must trace the symptoms not described by it back to an adequate cause, and again read forward from the two causes found, and see if that covers the case. If not, take the symptoms not covered and trace them back in the same way, and again read forward from all three causes, and so on until every feature of the case is fully accounted for. If we read forward only the *necessary* consequences, we shall be on safe ground, and make no mistakes, and that will please the patient and give him unbounded confidence. But once in a while the *necessary* consequences will not cover the case, and we must then be able to read the *probable* consequences, and consider the circumstances, and see what *possible* consequences might result under them.

Success is the object, and we must be on the alert, and do whatever it requires to secure it. We must grasp the principles and carry them out in a scientific way. We must never be governed by case reports and formulae prescribed by others. We must be a living authority of our own, not content with any precedent ever made. We must do our humble duty, or be conscience smitten. We do not have to be the greatest man that ever lived, but it is incumbent upon us to be true, and so true in pur-

pose that no man could be more true, and that we put into our work an energy that brooks no defeat.

We might go on and illustrate the method with case after case, until the illustrations should claim the mind and the principles be lost. That is a fault in our first book, *The New Field*, and we intend to correct that fault in this work. If you get anything it will be the principles, the kernel of the nut; we will crack it, but you must pick it out.

Some men think they cannot trace symptoms back to a sufficient cause, and then read it all out to the present time, much less carry it into the future any distance desirable, that they cannot tell a patient how he feels, how he has felt and how he will feel. That this must necessarily involve an unusual amount of mental endowment, education and culture. That is exactly what a young hound thinks when first put on the trail. He knows he can smell as well as his mammy, but he does not want to go, rather not try it. Trying it is the only way he will ever get confidence. He hears the enthusiastic howling of older dogs, and knows he can smell as well as they, and soon he is hot on the trail of "the boogger." We want to raise as big a howl as we can about the *trail*, not about the particular swamps and mud-holes in the way, and we want to be as enthusiastic as we can, and are sure that the greatest enthusiasm we ever felt—all we could feel—falls far short of the desserts of our subject.

To read a pathological trail as quick as a hound can detect the footsteps of the fox, and locate his den, and thread out all his goings and destroy him, merits the enthusiasm of the gods. That the means by which it may be done are simple and easy to learn, does not detract from the sublimity of the principles and the brilliancy of the results. And there is a far greater consideration than all this—the simple consciousness that we are as true to nature as the hound, and as much entitled to our bread as is the hound, and as welcome to the crumbs under Our Master's table. I would rather be a convict in the mines, and never see the light of day, than be a theoretical parasite, living on the credulity of other men. The consciousness of being a stumbling block, a menace to the welfare of man, and of no earthly use,

with not one hope beyond my present limits, would give me the gout.

We are not writing for narrow-minded men, but for the most noble of the greatest profession on earth. They will excuse our common-place comparisons. In a scientific view "there is nothing common or unclean." Creation has its parts, and one part may not boast itself as not of the whole. All parts are plainly inter-dependent, and the destiny of all is hidden in the bosom of a most Benevolent Creator. He has told us of his divine purpose concerning us and our true evolution, a grander scheme than ever originated within human limits, very different than man can picture in his natural sense, an unmistakable evidence of its origin. He has endeared himself to us in many a way, and there is no natural reason why we should not trust and obey him, and honestly try to fill our place in the great scheme. We should be thankful for a *place*. We look out in the star-lighted depths of heaven and fail to grasp the immensity of purpose, but simply confess it. Inasmuch as mind transcends matter, our place in the universe is transcendent over all.

SCIENTIFIC LIMITS.

While we are delving into the mysteries seemingly hidden from human eye, and making all manner of mistakes working under various false theories, we are forgetting things of vastly more importance concerning nature and our own plain everyday duty. If a scientific man should be compelled to investigate every theory presented and so task himself in fruitless and profitless endeavor from day to day during all the long years of his manhood and vigor, during all that part of his life most buoyant with hope and encouragement, and be unable in the years of his decline to show a single trophy of real success, or point to a single theory proven to be true in his hands, and feel hopelessly bound in the subtle network of false reasoning, deception and sophistry for the balance of his days, without one ray of hope in

the future for himself or his race, he surely must feel the unreasonable, torturing grievousness of his situation, his bondage and thankless servitude. He has sold himself for counterfeit money, worked hard under the pseudo scientific lash, been flogged mercilessly many a time when he was just as near right as the man that flogged him, and yet without a thought of rebellion or a longing wish for natural freedom.

We are and ever were opposed to what theory terms rebellion, for it is only another theory, and all theory is false; the first one was propounded in the Garden of Eden by Satan, which incident shows the parentage of the whole tribe and generation of theories. They are in open rebellion against the authority of Truth, and to rebel against *them* is to refuse to obey the most tyrannical usurper the world has ever seen. Rebellion against theory is the synonym of true fidelity to nature and Truth.

Scientific men are to this day substantially compelled to investigate every ridiculous theory that is propounded in order to hold a place in the ranks. Pale cheeks and a peculiar countenance tell the story of being constantly puzzled almost to death, a restless earnestness indicates an unnatural condition, a recognition of the ownership of a mythic thing in something not a myth. There is more science in a hog than in any theory. Theory is no more than a synonym of sophistry, deception and falsity. There is no science whatever about it, because it is not the production of scientific factors. It is like a fabrication of fiction, rejecting this and that to render it more pleasing and more deceptive, the projection of a mind not in nature's harness. And though theory is posed as truth, it is not of that character by any means, for truth is substantial and changeless, while theory is the very opposite. There is no doubt about it, *theory* is opposed to truth. Science is the handmaid and servant of truth and in no way opposed to it, hence there is no science in theory. The production of science is a different procedure entirely. We start with truth in sight, with something more than a notion or a belief, then we reason backward to a point that we know exists, then we revise the work, not to make it pleasing, but to make it

conform to exact truth. The motive is different in the two cases, and the fruits attest that one is the opposite of the other.

Perhaps half that a man knows is theory, and that half is opposed to the other half, a negative quantity, and when subtracted turns the poor fellow out an idiot in a strange situation.

Novelists have pictured a pleasant, peaceful landscape and at a signal countless warriors rise from every shrub and clump of flowers, and at a signal disappear. In the most lovely moonlight urchins have seen the surroundings to be full of the hideous forms of savage beasts, some crouching low for the fatal bound, and at the signal of striking a match the whole menagerie has silently vanished.

Now look around and be sure that you see the decline of man, the evolution of dogs and monkeys, tadpoles, snakes, etc. The deadly microbe even now crouching for the fatal onslaught, the ghastly germ of death sitting in grim expectancy on a limb just over your head, the diseased livers and hearts and kidneys of all your ancestors strung like beads and reeking with cholesterin, fats and oleins, urates and oxalates, all tuberous with malignancy, while beneath your feet are skulls and rattling bones, with all the while a mournful wail from some pillared institute:

“You don’t see it half,
For it’s worse than it looks.
You will never know it all
Till you study our books.”

For truth’s sweet sake, strike a match and behold God’s world like it is, an admirable place for true development, a garden of pleasures, a succession of joys.

Pseudo philanthropists have imagined a system of laws by which men might live in laziness without any development, each one exalting his own craft to be boss of all the rest in the stupendous monotony of organized heedlessness, and what they think would be a better arrangement than an Omniscient Creator has seen fit to make. But turn on a little natural light and the vanity of his speculation will be apparent.

Our false logic, such of it as is false, is surely excusable, for we have been half our days taking in the situation and recognizing our own limits, the natural bounds of our field and of all mortality, and if some cold-blooded surgeon should lay his septic steel on the tissues of our story and make the subtraction it might result in a minus balance not fit to even liquidate. The shrewd man takes in his circumstances and surroundings quickly and moves in accordance with a real Jacksonian decision and promptness and matches his energy to the task presented. There are no long debates about it, doubts are quickly settled, and settled right, because he confines himself to his limits. A theosophist always beating the bars of his mortal confines, like a scared chicken in a wire fence, does not accomplish the work he was born to do. We cannot see much on this side of the fence if we are all the time looking on the other side. If we do not attend to our work in this field, but interest ourselves in the field we are not in, then it is most likely that when we get into the other field we shall not be qualified for the work there and feel more interest in the field we have left than we ever felt before, and be importuning Abraham to pass notes back and forth.

We believe it is right to think about the other worlds, the inorganic from which our mortal part came forth and the spiritual, to which we go, and in which all our hopes are centered. The sweet solace derived in sickness and health from this source is the greatest remedial agent known in disease, and tends to prolong health and life, and "the after effects" are good. But to neglect our own field and fix things out as some have regarding the next field, or as some have regarding our prior state, all at the expense of Divine Revelation, and make a fortune in this world by deceiving our people in regard to things beyond our field, is neither scientific nor honest.

The vital principle is not a matter of observation; its origin is from outside our field, and its destination is the unlimited universe of God. These thoughts are good for man, because they are true, but to study for twenty-two years on how to change them, or rather how to make them appear to be changed, or "erroneous," and to travel over the whole world gathering data,

not real facts, to prove his work and deceive his brother man as Darwin did, is not good. To start out with an assertion so glaringly incorrect, as that *the most numerous species show the greatest variety*, and build a theory on this false statement and offer it to the world as a refutation of The Holy Bible, shows that the author is off on both facts and veracity.

Scientific observation shows that the life principle is everywhere present in the organic world and everywhere absent in the inorganic. The life is the making of the body, its builder and keeper, and though, for the lack of faculty, we are utterly unable to define it, yet we are able to define its effects and bearing on all organic things, both animal and vegetable.

There are two great classes of life, a lower and a higher, the one breathing carbonic gases, the other oxygen. There are thousands of distinct kinds of life, and every single one of them is alike incomprehensible, all for the simple lack of faculty in our mind. Each kind of life builds and shapes its own particular organs in its own way according to evident creative design.

Life, or mind, for all we know, is all-powerful. We know that a weak mind in a strong body develops more power and endurance than a strong mind in a weak body; therefore, we conclude that the power belongs to the mind and is limited by the capacity of the body, or apparatus through which it is manifested, for a dead body, no matter how strong, is powerless. The power of mind is only limited by the limit of the means for its exhibition; thus, when a weak animal body becomes better nourished and capable of greater exertion the life is, under the proper stimulus, always present to exert it, and always more than sufficient, for exertion may be carried to the point of the destruction of the body, and that is as far as we can measure its magnitude.

The Patent Office recognizes the limit of human invention, and refuses to consider any device for the production of power from any source which does not possess it in some form or condition. All inventors of "perpetual motion" are considered ignorant or crazy. We also recognize the invisible, immeasurable life power, or vital principle, as our limit, the utmost extent to which human senses may penetrate creative purpose and design. We can see,

but life is invisible; we can hear, but life is silent; we can taste and smell, but life is flavorless and odorless; we can feel, but life is intangible. Some say they can feel a vital influence when they shake the hand of a friend, which is a fact, but they can feel the same influence when they look at his picture. The writer is very susceptible to such influences; he can feel a nerve thrill throughout his whole body when a preacher says certain things. Once a preacher began and the thrill came, but the preacher did not say what he thought he was going to say. The scream of a wild cat brings a different kind of a thrill, and presently we find that the cat did not know of our approach, and wants nothing whatever to do with us.

It is claimed that electricity is life, but electricity does not answer the definition of life, and requires intelligence to direct it, and is subject to intelligence. Mind may be subject to mind, but not to electricity, and men who claim to invent life are exactly like the man who claims to invent perpetual motion; they have both alike exceeded their natural limits and are not entitled to a hearing in the Patent Office.

In the other direction, the destiny of life is recognized as another scientific limit. The five natural senses may in no way determine anything regarding it. It is a matter of belief, analogy and reason, faith and Divine Revelation. Thus we recognize our scientific limits to include all the field occupied by life from the inception of the living germ to its death. It is like a field that is sown with various grains; we note the conditions of germination, development and growth; we note the congenial conditions under which the bloom appears, the development of the grain, and see it ripening under the summer sun, the root, the stalk, the blades, beards and husks all having a useful purpose to fulfill. It is harvested and the grain, the part bearing the living germ, is separated from the straw and chaff, and that is our limit. A disposing intellect may look upon it and determine its fitness for the purposes in a great commercial plan. Some may become the fluffiest pancakes that ever smoked on a platter, and some may become the vilest poison that ever cursed the lips of man. It all depends on who has the management of it.

CHRONIC DISEASES.

We have demonstrated many times the fact that all disease is produced by a deviation from the natural, normal requirements, and that these deviations are, so far as we are able to trace them, *retention, invasion, enervation, trauma, poison*. Any one, or more, of these prime causes may produce acute or chronic disease in a great variety of forms as the conditions and circumstances may vary.

X We have known a person to take cold; that produces the condition we term retention; then he poisoned himself with medicine; that adds another factor; the medicine was an anodyne, which lowered the nerve power and prevented natural reaction in its effort to throw off the retention, so it continued. The blood became loaded with toxic compounds, which made the breath more offensive than the fumes from a still-house. The peptic glands, as well as all the glands, drew their secretions from this toxic blood, the nerves in the stomach, as well as all the nerves in the body, were irritated and sickened, insatiable greed, anorexia, diarrhoea, constipation, inflammation, kidney troubles, heart disease, "appendicitis," ulceration and a great many other symptoms appeared as time went on. Finally the doctors pronounced it a chronic disease, and recovery impossible.

Another doctor found a microbe somewhere, and that added another factor, and the case was still more hopeless. The liver became tangled up in the condition, so that no one knew what was coming next. Symptoms of mania were plainly visible, and the tendency was toward violence, the violence of despair. So you see how chronic diseases are manufactured to fit the capacity to feel, and this was a No. 10. It was hard to tell who was the worst off, the doctor or the patient. All was dark, not a hope in this world could be indulged for a moment, and the evil tendencies seemed to indicate a kinship to them of the realms below.

The doctor had sense enough to tell one of his friends all about it. The minor symptoms were traced, no account was taken of the prominent symptoms, for everybody knew how they might result. The condition of the skin indicated *retention*, the ap-

pearance of the eye and tongue were confirmatory. The Epsom bath was ordered and the blood unloaded; an application of strong Epsom water was made to the spine and neck and the spinal soreness was relieved. Stomach secretions were neutralized by 10 gr. doses of Epsom salt before each meal and at bedtime. The nerve power was raised by double sulphide 1 gr. 4 t. d. The further use of anodynes was not desired by the patient, because he understood why. He had formed a habit, and suffered terribly from their sudden withdrawal. But hope was sweet and sure, and resolution stronger than steel, and the element of poison in the case was completely conquered at a single blow. He became very weak the second day, but the third day all the desire for anodynes vanished, and the man was in his right mind, good as well.

One cent's worth of Epsom salt, the same of double sulphide, five dollars' worth of bathing and applications and a nickel's worth of cool-headed common sense cured the case. So we see how they make chronic diseases, and how they ought to be diagnosed and treated.

There is no good reason for a distinction between acute and chronic diseases, there is no certain line of demarkation between them, and the treatment is the same in principle for each. The symptom producers are the same throughout, and the variation in the treatment is not in consequence of a difference in chronic from acute disease, but in the ability of the system to utilize treatment.

We all agree that nature can be assisted in her reaction against disease, and in all her efforts to maintain the normal. That is, we may, if we will, fill her requisitions on the outside world. In chronic diseases, as a rule, the system is weaker than in acute, and less able to receive and assimilate the assistance than in acute diseases, and if we supply it faster than it can be utilized the excess becomes a burden, or cause of irritation, or a poison.

If our neighbor needs twenty days' work in harvest times, we should supply him one good hand to work twenty days. About the worst thing we could do for him is to send twenty good hands to do all his work in one day, for only that day's work can be done that day. And about the worst thing we can do for a man that

needs a cent's worth of Epsom salt is to give it all at one dose, or all in ten doses during one day. So you see that in chronic conditions the treatment should be matched to the ability of the system to use it to best advantage.

When we get all tangled up in the consideration of the various complications in chronic disease we may study till the brain aches and feel like a fly tangled up in the spider's web; every motion he makes tangles him the deeper, and every new factor we discover in a case makes the situation more complex, and we worry away our strength in the mere idea of all the various complexities of the resulting effects of various forces working together in different ways, and in prognosticating the inevitable consequences.

Did you ever stop to think that this whole consideration is theoretical and deceptive? It is like an old woman at a fire wildly waving her hands and saying, "Lord, what shall we do?" Be quiet, madam, and get out of the way and let us put the fire out. If you ever did think about it, and got your bearings straight, and carried it far enough, you saw that the old tangled doctor must get out of the way with all his dangling theories, and keep quiet until the fire can be put out. Then let men who know what to do, who can reason by a natural method, have the room long enough to do the work.

The greatest discovery we ever made was the simple fact that one disease never complicates another, though every disease in the world may exist at the same time in the same organism, yet they give rise to no strange mongrel symptoms, but each affects the organism singly and in its own way.

Several centuries ago men conceived the idea of natural evolution in an unnatural way. Linneus systematized it, dividing disease into "genera," orders and sub-orders, etc., giving expression to the false theory that disease has life, and generates like animals, and once in a while complicates and amalgamates with one another, and the product is a new species, a new creation to go on and amalgamate with another new one, or old one, as the case may be, and produce in this way an endless variety, not once recognizing that disease is the absence of ease, a negative element, no element, as darkness is the absence of light, and cold is the

absence of heat. They never traced a symptom in actual sight back to an adequate cause. The old woman at the fire, frenzied with fear, isn't half so crazy as these men were. They deliberately entangled themselves in theory as deep as ever they could, and the deeper they got the wiser the world considered them to be.

Linneus classified 326 diseases, Sagar 351, Vogel 560, Goode 600 diseases, not counting appendicitis, or neurasthenia, or any fashionable disease of our time. That was the last time ever one man got all the diseases down on one piece of paper. The building had gone as far as it would do, and since that the tongues were confused, and each man puts down his own selection from the many hundreds available. Nobody wants them all any more, and if it was not for the theory, there is no use for any of them.

The natural method of tracing symptoms back to a symptom producer explodes the whole thing, and shows disease to be a deviation, and not an entity of any description. We may not be able to trace everything in nature, but some other person may be able, and so the truth can be certainly determined without any theory whatever. The time has certainly come when we should solemnly question everything with which we have to do. We have passed through all the dark ages, and are now groping in the darkest hour the world has ever seen, but it is well known that the darkest hour is just before day. It is time to rouse, for the day is dawning now, when men will cease to love lies and will call things by their right names.

EDUCATION.

An education consists in knowing what to do. There are all sorts of educations, from the 5-cent "head of his class" brand, all the way to that of the sailor, who knows where he is in the dark. The reason he stood at the head of his class is because he knows what is in the book, but the reason the sailor knows where he is, is because he knows the principles and can mark his place on the chart, and if the chart was swept overboard he could make

one that would answer every purpose. The man who knows what is in the books, and can diagnose neurasthenia, and prescribe for it, and go back to the books to be sure that he is right, has an education of the 5-cent sort. How does he know that the man who made the book was right? If never a man was right, then the author of the book was not right, and we perpetuate his mistakes with our 5-cent education. If the one who stood at the head for four long years has a 5-cent education, then the one in the middle of the class could not have more than a 4-cent article and the one at the foot——?

Natural methods make it quite possible to gain a good education, the best there is, in the short space of one hour, or as long as it requires to learn the natural method of tracing things in sight back to an adequate cause, and read forward from this cause all the necessary consequences under the circumstances. It is very easy to do, and a few trials will show him the value of what he knows and the worthlessness of the other variety. All temporal things can be traced in this way, and even spiritual things and abstract principles may be traced within human limits and their bearings certainly determined.

The man that learns to trace symptoms of disease is going to be successful when others fail; he will be the most valuable man in his neighborhood, for there is no question in pathology, politics, law or religion on which he can fail to throw natural light. He learns to pay no attention to anything but nature in his mental operations, to govern his own prejudices and disregard those of other men; he becomes like a well tempered tool in the workman's hands. He learns to shape his beliefs by his findings and to have a firmer faith than is possible for men to have in theoretical speculation. His education is a positive quantity, a help and not a hindrance, for he has the means of determining the truth or falsity of all things. He has the means, but whether he can do it or not is quite a different thing. He can go only so far as his positive knowledge of facts will enable him, but as far as he goes will be right, and the last step enables him to take the next, and so on to the limit of the scientific field. But if his knowledge is only of theories he is not fitted to begin a tracing

of anything, and if he presumed to do so it would be theory all the way through, and each step would be imagination only, and not capable of supporting any conclusion whatever, though a 5-cent education ventures to draw conclusions from just such things, and to stake men's lives on the correctness of these conclusions. There is no gambler in the world who would take such a risk.

Shrewd men take no risk whatever except on the most careful thought and investigation of existing facts and conditions and conclusions drawn from the most careful reasoning on these, and yet men with ten times as much learning presume to draw conclusions in a case of ten hundred times the importance without any methodical reasoning whatever. It's a 5-cent education founded on a "dime novel" medical literature based on theory. We dispute him and his books, his methods and all concerned in it.

Theory is a counterfeit of natural truth. The idea of a counterfeit bill is to gain fraudulently a certain value, and it is of the first importance that it shall call for a certain sum, and that is the case with theory, the conclusion sought to be palmed off on humanity comes first in large letters. Then the counterfeit copies as exactly as possible every feature of the genuine bill, all in order to deceive and evade the consequences of getting caught, and so theory is embellished with every possible means to make it plausible and be received by our people to supplant truth.

The labor done on the counterfeit is not done to avoid the real loss to the community, but to insure that loss and make it unavoidable, and so the work done on theory is for the same purpose, exactly, to make the conclusion unavoidable, to cause men to risk something on it and lose it.

But truth, like the genuine bill, is made for the currency of the world, made to represent existing value that was brought into existence by natural method, step at a time, until great figures must be written on the bill to represent it. The figures did not come first like they did in the counterfeit. The reason why they came is not the same as in the counterfeit; unlike the figures on the counterfeit, they represent a value actually in existence, and a person may sell everything he has in the world for such money and not be a loser, and so he may risk his life on natural methods

and save it. But if he receives counterfeit money for his possessions he has lost all, and so if he risks his life on theory he loses it. That is the main reason why theorists are forced to make excuses to palliate their wrong, and by so doing they virtually admit that it is a wrong. They say that this disease is incurable, and so of all the diseases that cannot be recovered from in spite of the theory, until they have a great list of incurables, but never say one word about the theory being a failure, because they want the theory to pass as good coin. And there is another point of difference; the man who endeavors to make a natural tracing, the object is success, and if it fails he knows at once that he made a mistake, and searches out that error and corrects it, but theory is all error, and other errors are ingeniously heaped up to hide one another and tangle the matter hopelessly.

Natural method begins with a thing in sight and traces it. Theory begins with a conclusion and puts out all the tracks it possibly can, traces nothing. There is no incurable disease. Even hydrophobia has been recovered from, both with and without treatment, even after the full development of the mania, and many a time before that stage, for not half that are inoculated ever develop that stage.

The learning of natural methods may be accomplished in a single hour, and engrafted on the scrub stump of a 5-cent education, and made to bear the best fruit in the world. Then we throw down the counterfeit trash and despise it, and reach the highest human level at a single step.

There is no question within human limits that a natural method will not decide, no problem that it will not solve. Away back in the ages the priesthood and schools of philosophy purposely threw the veil of mystery over natural science that belonged to the world at large, stealing it and hiding it from their fellow man for the despicable consideration of personal gain. They lied about it, claiming supernatural powers, with the full intention of de-throning God and enthroning themselves in the hearts of the people. Look abroad in the land today and behold the very same spirit and motive everywhere at work. Everywhere the same selfish, heathen policy prevails, with the most unworthy object of

limiting knowledge that is naturally free as the air, and make it a matter of merchandise to be bought and sold at fabulous prices, and so adulterated with theories that the whole becomes worse than useless.

One hour per day of well directed, well encouraged study, pushed to the limit of natural capacity, is amply sufficient to qualify the mind for the duties of life. Then four hours of the day should be spent in profitable labor, pushed in the same way, by natural encouragement, to near the full capacity of the laborer. When the encouragement ceases the labor should cease. Then the remaining hours of the day should be spent in educated company with good intentions, reading, writing, singing or in any special line for which the pupil has a natural inclination, such as invention, chemical and electrical experiments, politics, etc.

With four hours per day, making cement building blocks at a nickel a piece, the young student earns from \$1,200.00 to \$2,000.00 during four years. The present system proposes to rob the young men of their opportunities, when it is our natural duty to protect them in their natural rights and secure to them the fruits of their labor and all the advantages to be derived from scientific method, so that they may be able to start in life under easy, natural conditions. In all reason they should have as good a chance as a fish in the sea, or a bird in the air, or an animal in the earth. No, but the perpetuation of selfish heathenism, customs originating in the dark ages, forbids all fairness and allows those who pretend to be leaders and teachers, the moulders of the future of the world, to perpetrate the most outrageous crimes the world has ever contemplated.

One hundred years ago, one hundred dollars would run a young man through the medical mill in two years; now it takes \$2,000 and four years to turn him out with less education than he had then, because the object is the same yet that it was then, viz., to rob him of every cent it is possible to extort from him, and give him the least possible value in return.

The state can easily give young men a good scientific education in four years' time, and make the time the most enjoyable years of their lives, and at graduation pay \$2,000.00 to each one who

has done his duty, and have money left, and private enterprise can do it just as well as the state, and e'er long will do it.

POPULAR EDUCATION.

What is the use of educating the doctors and not the patients and people to appreciate their labors?

It used to be the policy in religion to keep the people ignorant for fear they might be able to supplant the priesthood. But experience shows that education enables the people to appreciate their pastors.

And so it is in the medical world. The doctor would rather have an educated clientele than an ignorant one. He can do better work, and reap a better reward, with the pleasure of knowing that his labor is appreciated at its face value.

The millions of dollars worse than wasted on nostrums and quackery are not from educated people. The only escape from the dangers of *Drug Poison* and from this grand robbery of both the people and their qualified physicians is by proper education.

We readily recognize a good lawyer and a good minister, because we know enough of their science to appreciate good work, and if we knew the underlying truths in regard to disease and its treatment we could also appreciate our doctors of medicine. For the lack of knowledge a very intelligent part of our people totally deny themselves all the advantages to be derived from scientific medical treatment. They do not know the difference between the good and bad. In order to know this difference we must know the foundation principles and at least the main drift of the science, and the more we learn the better it is for us and the medical profession.

There is absolutely no danger of educating the people to the point of robbing the physician. A physician that allows his patients to learn more than he knows ought to go into gardening or some other good business. If he cannot keep ahead of his patients they had better change places. One of the good fruits of general education is to make it necessary for the physician to keep ahead. There is time and talent enough spent in fruitless disputes among medical men and the various schools to put them

away ahead of what they are today if a worthy use was made of this time. General education will make it rather necessary to use the time to a better purpose.

While we are sure that there is a great advantage in the proper use of good drugs, we also know that the proper use and the good drugs are not always available, and for this reason our people should know how to treat their various ailments in the best possible way under the circumstances without poor drugs and their improper use, another incalculable benefit, for it will compel manufacturers to put up only good articles. But a greater advantage in general education is in the proper care of the health. What a pitiable object is a nation of sick people! There are influences at work this moment to make us that very thing. As a general rule we are not well born, not well fed, sickened with dopes of many poisonous kinds, and though schooled to profusion, yet kept in ignorance of the main things we want to know.

There are multitudes that are unhappy, and wish they were dead. We do not know what we are here for, and do not know how to study it out, and have no heart to do our life duties if we knew them. In fact, we lack the capabilities of doing them if we knew them, although they are far easier to perform than what we are doing. We want to know the true situation and the main facts underlying all, and the reason and objects in life, then we are ready and qualified to do our part in an intelligent manner, and to some purpose. We are a nation of slaves, not slaves to the powers that be, but slaves to powers that are not, slaves to disease and ignorance, idle when we should work, weak when we should be strong, miserable when we should be happy.

Much false literature is broadcasted over the country for those contemplating marriage. Everybody is contemplating marriage if they are sane and any account, and to deny them the truth and allow them to be stuffed with trash is miserable policy. Anatomy and the main truths concerning the healing art and the preparation of chemicals and drugs should be taught in all schools. If fifteen minutes per day was devoted to this branch of science in all schools, there would be more advancement in the world within twenty years than the world ever saw in any ten centuries that

have passed. There is absolutely no danger to the Medical Profession from popular education. No craft gains anything by denying their fellow men their natural rights.

It is a sick man's natural right to avail himself of the most learned and skilful attendance in reach. Now, if he has knowledge to discern the difference between learning and deception, between skill and awkwardness, he will surely patronize the truly learned, and truly skilful, and the story will be told, and all men will understand it, and the learned and skilful doctor will be sought from far and near, and medical pretenders and impostors will be forced to become truly *learned, skilful and truthful*, or quit.

Thus The Profession will be purged of its pirates and professional skill will be recognized in every land and reap its just reward. It is popular ignorance that enables professional quackery to strangle true science today. We speak of "the dark ages" with a shudder. There never was a darker age, there never was a time when the aggregate of crime and wrong amounted to present proportions, all for the lack of *solid* popular education. Solid education is that which is founded on the natural, rock-bottom principles. *Take a thing in sight, trace it back to its cause, then take this cause and evolve all its necessary consequences.* How much of the learning of our time rests on this natural foundation? It is safe to say that ninety-nine per cent. of the learning of men might be stricken from their minds without rendering them less able to cope with the actual problems of life. A student today is schooled, in one way or another, fourteen hours per day from childhood to mature years, and turned out in the world with broken health, in debt and financial discredit, without a single lesson that rests on a natural foundation. Education is not what it used to be, not what it will be at a future time, because it has no natural foundation. But once give it a natural foundation, and make the conditions natural and correct, and the requirements reasonable, and scientific fruits will ripen in the minds of men that never even bloomed on earth before, so dark have been the ages.

Knowledge should be free as the air; there is not a particle of

danger to The Medical Profession from the source of popular education. The more the better. If the people have knowledge enough to distinguish between the learned and the impostor, between the skilful and the unskilful, this knowledge will be the uplifting of the former and the total rejection of the latter. Truth will be appreciated and error be deplored.

THE NATURAL METHOD.

Man is a creature of five senses; brutes also have five senses. We have sensible dogs, horses and cows; some brutes have more acute and a higher state of cultivation of their senses than has man. The brute is noted for the acuteness of some one or more of his senses above all the others, while man is noted for the equal development of *all* his senses, and a reasoning power far superior to that of the brute, inasmuch as it is founded on a wider range of the knowledge of things gained through this equal development of his senses. Then he is distinguished further by his moral, mental and spiritual capacities, which, if traced in a natural way, are found to be based on a sense of his accountability to a Higher Power.

That he was actually created for the lord of creation, just as Moses puts it, is a scientific fact. All that makes life worth living is included in this simple statement of actual, demonstrable facts. The man who is unable to make a natural tracing, and clearly demonstrate to his own mind a natural fact, is like a hound that will not faithfully track a coon. He has the sense to do it, the evidences are all before him, like the tracks before the dog, but as the dog wants to smell in every stump he comes to and leaves the trail for other scents, so man allows himself to be drawn off by false theories, and makes as much noise following them as the worthless hound close after a scared chipmunk he happened to start. A sensible dog will stick to the trail of the identical animal he is trailing, although it may cross dozens of trails of other individuals of the same species; he will track a

criminal through a city to the exact place of his hiding. No one will deny his ability and few will deny the means by which he attains it. It is a fidelity to his own natural senses. Neither will anyone deny that man's natural abilities, his capacities, far exceed those of any brute. The possibilities of his attainments are practically unlimited.

It is wise to confine ourselves within the field of human limits, but has that field any practical limit? Scientific tracings will scarcely ever find a limit; certainly not until the object of the tracing is attained, and there it naturally stops. Why should education shower down upon us a great lot of lies, in the form of fine spun theories, to distract the brain, puzzle our reasoning powers, make black appear white, discord appear to be music, bitter to be sweet, a stench as a delightful odor, or a slimy serpent as the velvet feeling skin of a healthy child? There is no science in it; there is no scientific rule by which these deceptions are produced. There is only a stale maxim that governs it all, the very same the devil used in Eden, viz., *just anything to deceive*. The *deception* is the only indispensable thing about a theory.

Bold as it may seem, we venture the assertion that there never was a theory propounded in all time without the despicable element of *deception* as its foundation and object.

Now we propose to use our natural faculties and our senses, the same as a sensible brute, and determine the truth as far as natural development enables us to determine it, and no further. It is very humiliating to reflect that our senses are not all as well developed as those of the brute, but we will do the very best we can and be content. We are weak, our bones have been broken, we are crippled in many ways, but if men will listen to our words, and consider the worthy object of our thought, and use the natural method recognized by all the brute creation and by the Creator himself, and found by man to be the very essence of science and the key to success, we shall be able to literally damn the whole world full of theories, and make man the lord of this world, like he was, and is. We will give him powers he has never claimed, we will open to him the earth beneath and the

skies above, and give him power over the **seen and the unseen**, over things of which we have never heard and of which we have not the least conception, for we know the **natural method** leads to the goal, and that we understand only the **small part** over which we have been.

Men write me that they like my *theory*. They **seem not to comprehend** the difference between a theory and the truth. We have no theory whatever. We start with an **effect insight**, something demonstrable to our senses or reasoning faculties, then we trace this backward to an adequate cause, or to causes **collectively adequate**. Then we take this or these and read **forward all their necessary consequences**, and all their probable, or possible, consequences, if anywhere in evidence, and continue the **reading** into the future as far as desirable.

That is the natural method, used by all the creatures of the world that manifest any degree of intelligence. We term it "*The Natural Method*." There is no theory about it, and if one attempts to follow it, he will soon find that the principle on which theory proceeds is foreign to it, antagonistic and despisably weak and sinful. Some do not recognize that a person who finds that the words *lie* and *theory* are synonymous and interchangeable, looks on the word *theory* as not very respectable, and feels about the same as if they had complimented him with the **pertinency** of his lies.

Let us state it again in the plainest language at our **command**, in order to preclude all possibility of failing to **grasp it**:

Take an effect in sight, and trace it backward to an adequate cause, then take this cause and evolve all its necessary consequences.

METHOD OF TRACING.

If Mother Eve had only used New Field methods of reasoning, the Devil could not have fooled her at all. She would have traced him back, looked out his pedigree and found that he was a subordinate, and not worthy of belief, and that what he said was a the-

oretical affair, not in harmony with the great universe around her. Some of us are fooled today, even though we have all the data in hand for determining the truth. We ought to trace everything and certainly determine the proper thing to do under all circumstances.

To get all the facts we know about a thing down on a sheet of paper, then study them carefully and see what relation they bear to each other, then supply all other facts necessary to the known facts and relations, and this record will not lack much of a straightforward and comprehensive statement of the exact truth. It may be a little astonishing in some feature, but try it, and if true it will be verified; if not true, then you made a mistake, either in your facts or in the deductions from them; that is, the relations between the facts do not exist as supposed, or are misconstrued. But nine times out of ten you will find that you made no mistake whatever, and that all these astonishing things pointed out by a natural tracing as necessarily existing facts are really so.

There is nothing too simple to reason on. The more simple a thing the better it seems to pay to reason on it, and trace out its natural relations to other things.

For instance, take Epsom salt, and write down all the real facts you know about it on a sheet of paper, thus:

1. Epsom bath opens the pores of the skin and relieves a cold in a few minutes.
2. Epsom water application to a poison bite or sting relieves the pain and swelling promptly.
3. Epsom sponge bath cools a fever more than plain water.
4. Epsom salt has a dynamic affinity for carbon, as shown by the reaction between it and a carbonate in solution.

There are many other facts concerning Epsom salt, but these are sufficient for our purpose.

In regard to the first fact, let us ask how does it cure a cold? Heat will open the pores of the skin, but makes a cold worse, because it increases waste and facilitates the formation of toxins. The opening of the pores is not all the Epsom did, for nature does this over and over many times during the progress of a cold.

What makes the symptoms of a cold, unless it be the morbid matters, ptomaines, etc., retained in the blood? Then how does Epsom relieve a cold? Fact 4 explains it.

In the light of this, fact 2 shows that it is the carbon in the ptomaines that renders them poison, for when the carbon is drawn off by the Epsom all the symptoms subside. But we reflect that carbon is indestructable, and that the magnesium has it instead of the ptomaine, and that there is no less of it at last. Let us see. The average ptomaine is C_8, H_{11}, NO , while the resultant magnesium compound is MgO, CO_2 . We see at once that there is 16 times as much carbon compared with oxygen in each molecule of the ptomaine as there is in each molecule of the magnesium carbonate. Then, since the whole amount of carbon remains, we naturally draw the inference that one atom of carbon to 2 of oxygen is not poison. The composition of glucose and sugar support this idea. And facts we shall find all along in our experiments will prove that one atom of carbon to one of oxygen is not poison, no matter what the quantity may be, hence

The Carbon Rule.

Toxines are poisonous in the ratio of carbon to oxygen.

Then in regard to fact 3. What is it that raises the temperature in fevers but the oxidation of waste carbon and carbon compounds similar to those retained in a cold? Then we infer again that the magnesium combined with the carbon forms a congenial carbonate not toxic and easy to eliminate.

As we study on these facts and inferences and remember that all chemical reactions are under electro-magnetic influence, and that carbon is positive and metallic oxides are negative, it appears very plain that all we had to do was to bring these two things within the limits of attraction.

We also learn another important fact not visible, no other way possible to learn it, viz: That as ptomaines have many atoms of carbon, and magnesium takes but one, therefore many volumes of magnesium will be required to neutralize a given toxine in proportion to its toxic powers.

We had four facts about Epsom salt to start with, and by a

study of these we drew four inferences, which are more valuable than the facts we started with, if they prove to be true, and they will prove true as sure as we made no mistake in drawing them. If any inference proves not to be true, it is certain evidence of a mistake, then we can go over it again and find the mistake and correct it and trace it out to a true conclusion, and verify it practically, which will be perhaps of greater interest and more value than the false conclusion we sought to prove, even if it had not been found to be false, and we had succeeded in proving it. Suppose a good doctor shall in this way double his knowledge—"knowledge is power"—what inference would naturally follow?

You can take anything else, no matter how simple, and write down the facts you know about it, then write the relations that must necessarily exist between them, and if your work is true, the results will be of great value. Take a sick man's condition, write down what we see in actual evidence, trace every symptom back to a symptom producer, reason out all the necessary relations and you can tell him how he feels better than he can tell it, you can tell him how he felt yesterday and how he will feel tomorrow and what will cure him and about how long a time it will require.

Now if you fail to tell him straight, you have made a mistake, and you will see by looking it over how it happened, and tell him how it happened; never be ashamed of an honest mistake; what you say about it proves to the patient how carefully you have endeavored to unravel the mysteries that bind him, and when he sees the mistake corrected he knows that you would not tolerate anything but truth, and he will naturally have unbounded confidence in you. He knows that you would not let him die to substantiate a false theory, or any false notion.

We have dealt in theories so long that we do not appreciate the difference between them and truth, so we make our composition hang together it all passes, even though the truth be damaged and something not true be exalted. A little boy with a new hatchet uses it in the same way, hacking and slashing at everything in his way. But he must change his methods before he will ever be able to make a solid structure of any kind.

He must consider the relations, calculate the exact dimensions and mark them out with precision, and then he must cut to the line. Then you cannot persuade him for a moment to listen to any theoretical structure not having a foundation like he found to be necessary to support his own work, and we must adopt the same natural methods to be successful.

The love of money causes men to seek after it, and the love of truth will have the same effect. Truth is the most beautiful thing in all this world. The judge of a nation asked what it was. All the wise men in all time have sought it and there is a natural, methodical way of finding it. Truth is nature's source, and everything in nature, traced correctly, in a scientific way, ends in its source, *The Truth*.

Now let us add one more fact, or rather what men think is a fact, to the facts concerning Epsom salt, and see what the consequence will be.

5. Epsom salt is possessed of anesthetic powers. When injected into the spinal canal the effect is anesthesia of the nerves which originate below the injection.

What natural relation exists between this new pseudo fact and the original facts No. 1 and No. 4? There is no relation whatever, no harmony, no scientific truth is revealed. It would insinuate that the manner in which Epsom salt relieves a cold is by anesthesia and nerve paralysis, which is the very opposite of the truth. What relation exists between fact No. 2 and this new fact? Fact No. 4 tells how Epsom salt relieves pain, but the new fact would lead us to suppose that it was by means of anesthesia and not by destroying the poison that makes the pain. The new fact seeks to subvert the truth, destroy fact 4 and restore the old element of doubt and uncertainty, which our scientific reasoning had eliminated, and consequently destroy all the facts concerning Epsom salt. For if fact No. 4 is not a fact the relations between it and all the other facts do not exist, and if that be true, the facts do not exist. But fact No. 4 happens to be a demonstrated reality, the relations do exist and the other facts are also demonstrated truths. The harmony between them

is complete, and fact No. 5 is not a fact, but an imposition on the truth.

But how can we explain the anesthesia of the nerves below the injection? Simply apply natural method to this condition, the same as we do to all things.

Fact 1. Anesthetics are built on carbon as a toxic base.

Fact 2. They produce anesthesia of the nerves above, as well as below the injection.

Fact 3. The symptoms are traced backward to our natural division of disease termed *poison*, to which medication belongs.

Fact 4. Trauma produces paralysis of the nerves below the injury, without the intervention of a poison or toxic element.

There is a difference between anesthesia and paralysis. In the former the nerve is intoxicated, in the latter it is injured mechanically. The relations that link these four facts together are strong as the facts themselves, and thus the natural harmony is complete.

The pretension that Epsom salt is an anesthetic does not harmonize with any one of the facts. It is not built on carbon as the magnetic positive elemental base; it does not produce anesthesia above as well as below the injection; the symptoms are not traced backward to *poison* as the symptom producer, but to *trauma*, a distinct natural division. A club or gunshot wound might produce nerve paralysis below the point of injury in the same way. The injection of plain water or any mineral solution in the spinal canal to the extent of interference with the function of the cord constitutes a similar trauma with similar effect. The slipping of the vertebrae on each other, as is often observed about the neck, so as to make serious compression on the cord, produces "anesthesia" of all nerves below the trauma, so we see that "anesthesia" from Epsom water is *paralysis* and not anesthesia in any respect.

What a wonderful thing that natural method is! All manner of theoretical deception and "lying wonders" have been, and will continue, to be showered upon us, but *The Natural Method* has never failed to pick the knot and let the truth go free.

WHAT IS THEORY?

One says I do not know what a theory is. Well, who does know? Theory poses as truth, but does not answer the description; it is in the form of truth and deceives the people, causing all manner of trouble and loss, without the least compensating feature as is common in all natural troubles.

Theory explodes at least touch; truth always explodes it; the next theory often explodes it. It may explode spontaneously from within outward, or from without inward, or without any inward or outward, for it never does any damage when it explodes, the explosion being in the form of a fizzle. The only certain phenomenon concerning a theory is the explosion. Time alone will finally explode it. Therefore, a theory is *an explosive*.

The New Field is devoted to the natural method of reasoning, which explodes all theories, and determines truth. It tells about Epsom salt, but is not devoted to it, or any drug. It says that some day more virtues will be claimed for Epsom salt than it possesses. This prediction is verified in the claim of anesthetic powers for Epsom. I will give a leather bound copy of the latest edition of The New Field to anyone who will propound to me a true theory, a theory which the natural method, laid down in the book, will not explode.

Theorists jumble truth and theory together as much as possible, and sometimes it requires a little thought to separate them. Imagine a circle drawn around you representing human limits, then make a positive distinction between the inside of this circle and the outside, then note that theory originates inside the circle and truth outside, then straighten out the tangle as much as possible. Plausible statements are not always facts. So make a distinction between them and facts.

One of Darwin's main "facts" is that the species having the greatest number of individuals presents the greatest variation. That is only a plausible statement. Think of the multitudes of crows, with scarcely any variation, and the few hawks with great variation. The countless millions of angle worms with no variation and the few grubs with all sorts of variation. The many

swine, practically the same in all time, and the comparatively few dogs presenting the most remarkable variation. The plausible statement we find not to be a fact in any of the grand divisions of the animal kingdom, and yet it is as good as any of the rest of his facts. The doctor is right. I do not know what a theory is. I simply know it differs from truth, and "have a grudge against it." Who knows what theory is, or what the next one will be? And how long will it last before it explodes? And how much mischief will it do to the human race before it does explode? And what great man's name will explode with it and be passed over to the limbo of those who deceive their race and labor to bring a curse upon their own children?

SCLEROSIS.

Natural diagnosis finds that the underlying conditions, the symptom producer in sclerosis is substantially the same as in rheumatism, gout, etc. If you were working on a theory, or simply guessing, or what is the same thing, reading up on it, posting yourself on the opinions, the guesses, of the best authorities, you could never arrive at such an opinion. It would be the last guess a book man would be apt to make. But when we refuse to guess at anything and become thoroughly tired of the mere opinions of men, and resolve in our minds to trace everything out and determine the truth in a truly scientific manner, and to venture not one step further than the tracing carries us, we may prepare to find some surprises.

The deposits in rheumatism and gout are a recomposition from what was once nutriment in the blood. The deposits in sclerosis are exactly the same and from the same source. Recompositions are from the products of decompositions. Decompositions in the blood could not often take place unless the blood carried more than the cells could utilize, either carried more than a normal amount, or the cells could not, from some cause, take a normal amount, leaving an excess of nutriment in the blood to decompose.

A condition is possible of excessive waste in the system amounting to about the same thing. The fact that the appetite is, or was, unusually good, and the digestion all that could be desired, and in some cases remaining so, is the next step in the tracing, explaining to a certainty how the excess of nutriment entered the blood. Or it may be the appetite and digestion have not been more than ordinary, or even less than ordinary; then, if we examine the pulse very carefully, we shall find unmistakable signs of enervation. The body weight will be receding slowly, and the strength rapidly or gradually, as the case may be, all denoting a condition of enervation, and consequently a lessened capacity of the cells to take a normal amount of nutriment from the blood, and therefore leaving an excess in the blood to decompose.

We said *carefully* examine the pulse, for under the circumstances this condition is very difficult to detect in the pulse. The recompositions are irritating to the tissues of the heart and vessels, as well as to all the tissues, and frequently the pulse is above normal, about such a pulse as a bad cold might produce, but with a more decided expression of irritation. To a person used to reading enervation from a weak pulse and flabby muscles, this condition is puzzling, but the character of the pulse in connection with the loss in strength and weight serves to square our ideas to the exact condition prevailing.

It requires but a moment then to take in the surroundings and determine what to do. Cut down the diet to less than the capacity of the cells to take, so they will be obliged to draw on the deposits. Invigorate the skin by a daily, or more frequent, warm Epsom sponge bath. Relieve the pain, if there is any, by constant warm applications of Epsom water made about double the common strength, or of carbolized Epsom water. Raise the nerve power judiciously, so as to increase the capacity of the cells to attract and utilize more nutriment from the blood. In this condition strychnine will be likely to induce spinal irritation, to which there is already a tendency, if not already existing. Cactus, columbo, hydrastis or poplar and wild cherry bark teas are perhaps the best tonics.

After all prominent symptoms have subsided the diet may be

cautiously increased to an amount sufficient for the needs of the system, but never to the amount that induced the disease. Term it gluttony and then the patient can understand it. The idea that a person in no active employment, where strength and muscular exertion are required, may eat as much as a farmer, is ridiculous, but our hotels and boarding houses are run on that plan, and the eater is fool enough to think that the more he eats the better he gets his money's worth.

We have ~~set~~ by the bedside of patients said to be in a hopeless / condition, determined to study it out and if life lasted long enough, to save them, even when blood vessels were calcified and broken on the brain, resulting in speechless coma, and have succeeded on natural lines in restoring the patients to a reasonable degree of health and usefulness. And the only reason why we could not induce a state of perfect health is because the patients are loath to govern the appetite sufficiently, and the cooks are not satisfied unless they are killing somebody by inches all the time with their good things.

The plain requirements of the condition are that the excessive sharpness of the appetite shall be reduced. Very small doses of acetanilid will do that, chewing something will often answer, a bite of candy may answer, reading something interesting may do, any way to pass off the time. A miser could count his money, a child can wind balls of yarn, a whittler can whittle sticks, it can be done.

We used to think that sugar and sweets were the worst things such patients can take; we read stacks of literature that said so, and that when sugar was cut off from the diet an improvement was noticeable; so would an improvement take place if anything else was withdrawn from the bill of fare. The idea that starches are convertible into sugar caused us then to stop the use of bread, and a still more decided improvement took place. Then the idea that a diet of lean meats would furnish the nitrogen necessary to convert the waste into urea and prevent it from forming into uric acid compounds, would be the proper thing, then a still greater improvement took place, the patient recovered and all this interesting investigation came to an end. If the

patient could have only afforded to allow us to take one step more and cut off the meat also, we would soon have landed him with the Mexican's dog, outside the pale of all sclerotic, rheumatic, lithic, uremic and every other incomprehensible chemical twist. But all this kind of investigation is not natural, not methodical, or scientific. It is not tracing, but simply puzzling over a situation, and never making an advance outside of it.

Natural methods require that we trace everything to an adequate cause. If we are unable to trace one thing, try another: get everything down on a sheet of paper and reason on it backward and forward, and then prove it over and over and be sure of our position. It makes no practical difference what articles of diet are cut out, so the amount is greatly reduced. We know in reason that it does make a real difference, but the difference is so small that we cannot afford to quibble about it and lose sight of the main object of cutting down the *amount*, the quantity of nutrition, not the weight or bulk, for that may be ninety-nine per cent. water, but the idea is to reduce the excess of nutrition in the blood. Vegetables, fruits, soups, milk, etc., bulky articles in comparison to the nutriment contained would be most advantageous.

The requirement is to cut down the diet in some way to bring the amount of nutriment poured into the blood within the capacity of the cells to assimilate and so stop the excess in the blood, and prevent the excessive decomposition and the consequent recompositions, which form the base of the deposits and the irritating compounds in the blood giving rise to the symptoms in the case.

Various ways may be tried; one-half glass of buttermilk gives relief from hunger instantly, and is probably better than any of the sweetened drinks. A teaspoonful of vinegar is often satisfactory; try every way to govern the appetite. A sharp appetite resolutely governed by will power lasts but a few hours when no other measures are taken to govern it. The nerve power begins to draw on the deposits and so supplies the cells from that source. This is a very interesting study, but carries us beyond the limits of scientific investigation and so we stop. That it is a fact is

visible, but how it is accomplished is one of nature's laboratory secrets, though it is possible for some lover of truth to trace it all out in the future.

Another requirement is to remove circulatory obstructions, open the capillaries and invigorate the circulation. This is accomplished by small doses of veratrine. Another requirement is to raise the nerve power and enable the cells to assimilate a reasonable amount of nutriment from the blood and so hold up and restore the corporeal powers and glandular functions, making a return to health possible. Wild cherry and poplar bark will answer the purpose. The last requirement is to keep the skin in active condition.

Looking back over these requirements, we note that a small dose of acetanilid is required, say $\frac{1}{4}$ gr., and a small dose of veratrum, say $\frac{1}{4}$ gr., and a sufficient tonic dose of cherry and poplar barks, say $\frac{3}{4}$ gr. of each. Combine them in a 2 gr. tablet and give one every 2 to 4 hours, or as the case may be. We list this tablet as No. 27, making them to order at \$1.00 per M. 500 in a box, 50 cents.

AUTOINTOXICATION.

The bowels drain the stomach and liver and mucous glands, and thereby partially cleanse the blood, though toxic matters drawn from the blood into the bowels are often in a great measure reabsorbed into the blood. The skin, with its millions of dermal glands, and the kidneys drain the blood in a direct manner, conveying the waste with all its toxins directly to the outside world.

If it were not for the skin and kidneys the blood would not be purified at all, and life could not exist more than a few minutes. There are toxins as poison as well as damps forming within the organism every moment, the lungs exhale the volatile compounds, ammoniacal gases, etc., and those equally toxic which are soluble in water must be taken out by the skin and kidneys.

Were it not so provided the smell from the breath of man would be a stench that even a candidate for office could never endure in an audience.

In some pathologic conditions the lungs and skin have more thrown upon them than is natural, and the breath becomes fetid and the exhalations offensive. In some races of men the normal kidney is small and the skin proportionally more active and its pores enlarged, and the odor from an assemblage is often extremely offensive, and poisons the air in proportion to the odor. Man is pre-eminently a reasoning animal. It is this reasoning power that lifts him above the brute. It is the greater development of it and its greater use that lifts one man above another that makes one man more useful than another, and hence it follows that he who dislikes to reason on the things around him is not much above the brute.

Men love to have leaders who will do the reasoning and lead the way in all things, while they simply follow. This is well illustrated in herds of animals, especially in a flock of sheep; they all love to follow the bell-wether. It is all right among animals, but for men with human reasoning powers to follow a leader is the most ridiculous thing in the world. If they had no reason at all they would be just as well off. So many brutes would answer the leader's purpose as well as men who do not reason. It is a shame and a loss to the world to have a man use his teeth and masseter muscles and refuse to use his reason. The welfare of the world demands that he who will not use his reason shall not eat. If he will not produce he shall not consume.

More than a century ago investigators discovered that the excrement of serpents and flesh eating birds was "pure lithic acid"—uric acid. It lacks a great deal of being so, but as they had not the means of determining the various recompositions from waste at that time, and would not have known what to call them if they had (for the men who were to name them were not yet born), they are perfectly excusable. But with the discovery of lithic acid formation in the alimentary canal all they lacked of the scientific treatment of disease, as fully demonstrated by Prof.

Waugh of our time, was a natural method of reasoning from things in sight back to an adequate cause.

The serpent gorged himself and retained it a long time, perhaps 10 to 20 days, in the intestine, and his organism used what it required and the remainder decomposed into its elements—carbon, hydrogen, nitrogen and oxygen and other products, whatever the waste food contained, but these four things being simultaneously liberated and confined together, the opposite magnetisms, carbon and nitrogen, were attracted together and together drew in the HO to the amount of their valency, and uric acid resulted. And also a great many other toxins formed of the same, or partly of the same elements, enough to put the serpent in a comatose torpor for many days.

The case of the birds is nearly the same, except that they gorged themselves with animal food already in a decomposing condition, and the formation of the various toxins began at once. We have seen turkey buzzards so badly intoxicated that they actually fell off the perch perfectly helpless. We have seen respectable people, that "had not drunk a drop," so badly intoxicated that they could not walk, neither sit still. They said they felt like they wanted to fly, though it affects some in one way and some in another, but always throws the nerves out of balance. We have observed all shades of this kind of intoxication, but according to the degree of intoxication is the person unfit for the proper discharge of duty. A preacher ate too much and next day preached that babies went to hell, when his own creed was the opposite. A woman eat so much that she became intolerably irritable, and her husband left her for good. There were three pairs of shoes to mend and the cobbler said he had more work in the shop than he would ever get done. All these people were intoxicated from liquors distilled within their own bodies.

Alcohol is chemically carbon, hydrogen and oxygen, and there are many toxins of that group; others have nitrogen in combination and are of the uric acid group. These are, as a rule, toxic in proportion to the amount of carbon they contain. If nitrogen is present, as is the case with meat-eaters, the uric acid diathesis takes place; other conditions culminate in neurasthenia, diabetes,

gout, etc., etc.—toxemia pure and simple. The sufferer has not tasted alcohol, and yet he is intemperate, intoxicated and on the downward road from the effects of poisons, in some respects as potent as alcohol for destruction, manufactured by himself within his own body. Men and women who revolt at the idea of drinking in the saloons and appearing intoxicated on the streets, do so appear under the poison influence of compounds of the alcohol family resulting from a lack of discretion and self-government in the matter of diet.

Uric acid may form in the alimentary canal and be absorbed into the blood; it may form in the blood, or in the lungs, or in any place inside the body, or outside, where the necessary elements are confined together. Also there are compounds of the same group more toxic than uric acid which may and do form under the same conditions from the same cause. Neurine, mydatoxine, mytilotoxine, typhotoxine, tetanine and several unnamed more toxic than uric acid.

There is also a group of toxins composed of carbon, hydrogen and nitrogen which form in the same way. Waste carbon must be combined in some way suitable for elimination, or sudden death is the consequence. Carbon is a vital necessity to the cells to enable them to attract the negative oxides of the cell salts, etc., in the blood, but why gorge like the serpent that has a vessicle at the root of his fangs to hold the resulting toxins? Nitrogen is a necessity in the blood to form cell waste and normal decompositions into the non-toxic urea to be eliminated, but why gorge with meats and force the formation of toxins of the latter group? There was a meat eating "temperance woman" talking to a whiskey drinking man. The man quit drinking and got well; the woman did not quit overeating and never got well. Trace these facts out and the truth is revealed.

Men have searched the world over and over for a panacea for intemperance, a drug that the unwise may take to make him good as wise without the trouble of being wise enough to govern his appetite and passions, but all in vain. There seems to be a principle in the fallen nature of man that desires to do or be something without doing or being it, but it is contrary to reason

and common sense. If such a thing were possible it would tend to enervate and destroy the human race. The coward that shrinks from the duty of governing his appetites is a traitor to his kind and should be put to death. The judgment is just, and nature puts it into effect with unerring certainty in every case; no one may escape. Think for a moment of the greedy covetousness, the overbearing insolence, the tyranny, the corruption and defiance of truth, the imbecility, the brutality, the disregard of the rights of others and the lack or gradual tapering out of true manhood, sympathy and human kindness, and you have an idea of the crime the glutton is confessedly guilty of.

The resolute government of the appetites and passions tends to strengthen the life government, to increase the intellectual powers and to broaden the mental field in many a way and particularly to the full development of the corporeal functions and powers. But nature possesses love and mercy as well as judgment, and she admonishes the transgressor many a time and shields him from punishment as long as she possibly can, always affording ample means of returning to the natural path of rectitude.

Suppose a person counts up, or estimates, how much there is of any good thing in the whole world, and divides it by the number of individuals in the world, and so calculates how much there is to his individual share and confines himself to that amount, how can he hurt himself? But suppose he takes his own part and robs a hundred others of their share, how can he help hurting himself? That is the condition of those who eat more than the cells require for growth and maintenance. This overplus must decompose in the stomach and bowels, or in the circulation, and the various toxins must inevitably result. If they did not result the life would be extinguished by carbon monoxide and free carbon as quickly as a candle goes out in well damps, or as quickly as a diabetic dies when the formation and excretion of uric acid ceases. All doctors know that it is not worth while to make another visit when that is the case.

It is safe to say that all the deaths among nursing babes occur as the result of intoxication. There are exceptions surely, but they are few. The writer has observed but one case in his whole

lifetime when a babe and his mother were killed by a locomotive at a street crossing. Sometimes healthy children are choked to death; they may be drowned, or burned, or laid on and smothered by a drunken mother; there are many ways, but of all the ways intoxication destroys a hundred little ones while all the other ways destroy but one.

Cholera Infantum is a common form of intoxication. Term it auto-toxaemia, malaria, or what not, that is it. The child is pale and emaciated, hungry, but starving; the blood is loaded with impurities, and many toxic compounds resulting from decomposition within the blood of nutriment the nerve power is unable to assimilate, and from decompositions within the alimentary canal of albuminous secretions and real toxins which the glands drew out of the blood in their natural endeavor to purify it, partly to be reabsorbed again into the blood from which they were drawn. The skin is inactive, and often a burning thirst torments the little sufferer.

The mother is worried nearly to death; she sees a crisis approaching that almost breaks her heart; she cannot sleep nor rest, not a cheerful thought can enter her mind, nourishment cannot be assimilated under natural conditions, her system is manufacturing toxins, the mammary glands secrete these out of her blood and the child nurses them from her breast. Now suppose she takes cold at this time and her skin becomes inactive and consequently a superabundance of toxins are thrown into the milk and the child takes it, or suppose the doctor doses it with anodynes composed of carbon, hydrogen, nitrogen and oxygen, the very same elements that unite to form a toxin, the last hope is taken away, the last requirement of fatality is fulfilled.

Now suppose you think about it, and understand the exact situation. You order a warm epsom sponge bath for both child and mother; nobody believes in it, and they only half do it, but for all that the vomiting and purging are noticeably relieved. Then you order an application of warm Epsom water to the child's spine, the whole length, and 6 inches wide, to be kept on night and day, and the mother to repeat her sponge bath at

least twice a day, and you prepare a wonderful medicine, or a simple medicine that works wonders.

℞	
Aqua pura	oz. 4
Magnesium Sul.	gr. 20
Sugar, coch.	1

M. S.: One teaspoonful for the child and four for the mother every hour. Also one teaspoonful to the child each time before nursing, *for the purpose of neutralizing toxins*, and especially those given as medicine by the grannies and former attendant.

You want to instruct the mother that cheerfulness and solid rest and comfort are necessary to the production of healthful milk. Worry, fatigue, excitement and anger are producers of waste in the organism and the waste recomposes into toxins.

Put your milk cow into the same condition you have been in for a month, and her milk will sicken every one of the family tomorrow. You must prepare good, pure milk for your child, or nourish it in some other way. You must look life square in the face and take it easy and be happy, otherwise you will unavoidably be as miserable as others who suffer from habitual intoxication.

There are many other drugs and measures useful in toxic troubles. Clothing is necessary to health, and more so in the night than day, and more so when asleep than awake. It is important for children to sleep under cover; a single woolen blanket is best in hot weather, though a cotton sheet will answer. If they kick the cover off, make their gowns longer, so they can't reach the hems with their feet, and long enough to tie up at the bottom if necessary. Care about the quantity eaten when in health is a necessary requisite to health continuation.

In convalescence from cholera infantum, as well as from any other disease, cell salts are of great benefit. At any and all stages of disease double sulphide to control septic conditions is often necessary. A vegetable tonic is very often indicated.

A tablet called congenial tonic is found to be very useful. It is composed of Double Sulphide, Poplar bark, Wild Cherry bark,

Colombo root, equal quantities. 2 gr. tablets. Each tablet contains the adult dose. For children dose as to age, from 1-10 to $\frac{3}{4}$ tablet. See list.

THREE CLASSES OF TOXINS..

The natural division of foods is into three classes—*high, medium* and *low* in nutriment. The first class includes meats of all kinds, eggs, fats and pastry. The second class includes breads of all kinds made from cereals, beans and all soups and dishes made from the legumes, potatoes, taro, etc., from the tubers. The third class includes the fruits, vegetables and milks and all the nicest things in the world.

This looks like book learning, and is all very good for the man that wrote it, but how is he going to explain it so we can understand it? What use can be made of this in therapeutics? He goes on to explain the chemistry of these three classes and shows that there is a great difference in them, and we think we understand it, then he says that *he* does not understand it, for there is something about it deeper than any chemist has ever gone.

Suppose you come within a few yards of a decomposing carcass and get the least breath of the odor, the glottis closes spasmodically and involuntarily. The wise old solar plexus knows that kind of air is not fit to enter the lungs. There is no question about it, a terrible poison is borne on the air, and though diluted by the air many hundreds of times, is yet so toxic as to cause a spasm in the glottis and a sickening sensation on the olfactories. Before dilution with the air it must be a deadly poison. Chemistry has isolated various toxins, consisting of carbon, hydrogen, nitrogen and oxygen, from decomposing meats, almost as poison as prussic acid, but all less offensive and less poison than the ethereal one that constitutes the stench, which no man may ever analyze and live.

Now, suppose we overload the blood with meat or eggs, the surplus is bound to decompose in the blood. The glands are so constituted as to reject nutriment from the excretions until de-

composition begins, and recomposition of toxins is in process, and the nerve power must bear it all and deal with the deadly products at first hands. We shrink from the decomposing carcas as far away as possible, but when the decomposition is within our own heart and brain we may not shrink from it a single inch.

Above we classified foods; now we wish to see if it is not possible to classify the toxic elements that result from the decomposition of each class, and their effects on the organism. There is a vast difference in the toxins that arise from the decomposition of each class. The toxins from the first class are violent poisons, those from the second class are carbohydrates in the nature of glucose and alcohol, but quite toxic, while those from the third class are various acids of more or less use in the system when in normal quantity.

The effects on the organism are as various as the substances that produce them, and more than half the time more than half the people are under the influence of some kind of intoxication, and what they say and do has to be taken cum grano salis. The writer is now under the influence of stewed prunes, strawberries and egg-bread, but he is going to work enough to use it all up and have no rubbish in the blood to decompose. But suppose we indulge in laziness and allow half we eat to decompose, it is sufficient to form about 2 ounces of 50 per cent. alcohol, and we might experience the legitimate effects of alcoholic intoxication. That amount of alcohol swallowed at once would make one dizzy, but taken drop by drop as formed in the blood it would not induce a different feeling than results from overeating.

Men rise in the morning with a pain in the head, a stiff neck, rheumatism in the back and a bad taste in the mouth. What is the matter? They say "it is cold settled all over me"—retention. Retention of what? Toxins that resulted from decomposition of unused nutriment in the blood. Tell him nothing about it, for sure as you tinker with a man's diet you make his wife mad and harm results instead of the good you meant, but prescribe Epsom bath to neutralize toxins from the skin, and double sulphide as antiseptic internal antidote, and all will be pleased. Then smile your best, and begin to talk about *feeding*, not one word about

dieting, or starving, or anything of the kind. Talk of the nice fruits in their available forms, the vegetables of the season and the new ways of preparing the various dishes and you have the good will of the madame in a moment. Then a little discourse on educating the appetite and stomach. You have spoken of the old-fashioned boiled cabbage and turnips, and the patient has said that his stomach would not digest these healthful things, and that is a fact. But is he to suffer on endlessly on account of that fact? No. We must begin a system of gastric training. Eat only one bite of cold slaw, then at next meal several times as much, then next day one small spoonful of boiled cabbage, followed by a little taste of raw onion dipped in salt, then next day he will want it and have power to digest it in a reasonable amount.

The stomach is the most abused organ of the body. It has no eyes or ears, and must go altogether by absolute influences. When the stomach is accustomed to meat, bread and puddings, soups, etc., put into it a very reasonable quantity of well prepared vegetables and it is taken unaware; it is not prepared to furnish the amount and quality of gastric fluid to digest it properly, but give it legal notice in a fair and reasonable way and it will be equal to all requirements. Sometimes it takes weeks to educate the stomach up to a certain dish, and generally that particular dish is not good for the health, and the nerve power is protesting against it, and yet the stomach gradually acquires the power to digest it. There is a way to do everything necessary to do.

We observe that the products of decomposition from the first class of foods are extremely offensive and toxic, and that the effects on the system are those of the various poisons. We also observe that those from the medium class of foods are toxic like the alcohols, and that those from the low class are scarcely toxic at all in their effects on the system. The reason of this is that the stomach will not hold enough to overload the blood with nutriment, and being less prone to chemical change, the cells of the body consume it before any decomposition occurs.

The stomach is exactly the right size. A person of leisure liv-

ing on fruits and vegetables and a limited amount of bread eating his stomach full will be healthy, while a person at heavy manual labor will fill his stomach from a mixed diet selected from all the classes and also be healthy. Exposure calls for a diet sufficiently rich to furnish the oxidizing material necessary to maintain the vital temperature and cell activity. There are all classes of eaters and they may all fill their stomachs with the foods containing the amount of nutriment required by each and be healthy.

If the natural appetite could be followed it would lead us exactly right in the matter of diet. This is proved by a visit among the farmers. They have all they want of everything, and you notice they eat a mixed diet suited to their work. Then these farmers' sons move to town and engage in sedentary occupations and presume to continue the same diet required for general farm work, and so become sick.

An engine is fired to the capacity of its furnace while out on the road, but as soon as the work stops the fires are fed no more fuel, the man that runs it understands the conditions and requirements. But the human engine is entrusted to men who do not understand, and too proud to stoop to the simple task of studying it out in a scientific way. Men who think they are educated bend over a desk all day and take their dinners of beef steak, hogs' brain, eggs, etc., with a dessert of ice cream, cake and pastry, that would make a section hand on the railroad feel stupid all day and restless all night. Some fool doctor told him that a rich diet was required for "brain workers," or he might have read it in a newspaper written by some quack seeking notoriety. Do they not know that the stomach is not in the brain? They never heard of the natural method and have become extremely artificial and their reasoning powers have become so dwarfed that they never think to consult them. A wild animal in a cage knows better. The panther eats his ration of meat, then lays down while physiological digestion is in process, then he walks round and round for hours to use up the energy derived from the food.

If earth was one tenantless, vast expanse of seas and lands, its Maker might look upon it as a stupendous work. But his

wisdom divided it into three kingdoms, each one comprising the whole, with such intimate relations that each one is supported by the others. The mineral kingdom covers the whole earth. The elements are so combined as to disintegrate, from natural influences, a regular supply of plant food for plants not yet in existence.

The vegetable kingdom comprises the whole world, and the various plants are so diversified as to hold each other in check, and so constituted as to follow each other in rotation. When one plant exhausts the particular combination of mineral food in the soil it requires, it fits the soil for some other plant which takes its place.

The animal kingdom comprises the whole earth, and is divided into carnivora and herbivora, each of which comprises the whole earth, by which arrangement the vegetable kingdom and the animal kingdom as well, are preserved, for without such division the herbivora would increase to the destruction of every plant on the globe, and the herbivora and carnivora would alike starve. In limited sections this takes place through the ravages of insects. But the carnivora are increased in the presence of so much food and the balance is again produced.

Man, as lord over it all, may influence conditions in many ways to contribute to the general prosperity. He comes in as a member both of the herbivora and carnivora and as an equal contributor to the inorganic kingdom. His place is unique and his duties arduous, and the question of his food is the most simple, and yet the greatest problem in science. Why should it be so? The answer is because of theoretical deceptions and a disregard of the natural method born with every human being that comes into the world, a criminal disregard of Creative Wisdom so wondrously displayed. There is not a cubic inch of land or sea but constitutes an empire for the enjoyment of vitality and the exercise of world-wide natural rights of displaying incomprehensible wisdom. It is only *acquired* ignorance that enables theory to step in and blast it all.

ARTHRITIC RHEUMATISM..

The exaggerated symptoms produced in this condition by a common cold (that is from retention of decomposition products), also from overeating, indicate that more nutriment than the cells can take has been put into the blood, and that this excess has been and is slowly decomposing, setting free, in the blood, carbon and nitrogen, which, with water-hydrogen and oxygen, form uric acid and various other compounds of more toxic character. There are, perhaps, more than forty of these, whose chemical character have been determined and an endless number not determined. Is it any wonder that the man has rheumatism, and that no two cases are alike? It would surely be a wonder if they were, for to make them alike the excess of nutriment in the blood of each must bear exactly the same ratio to the body weight, and the eliminative activities in each must be equal, the temperature the same, the amount of oxygen breathed the same in each case, so that identically the same essential conditions will prevail in each case, and the same toxins in the same relative proportions be formed at the same stage of the disease. Such a thing is possible, but not probable, and we venture the assertion that no man living ever saw two cases of rheumatism alike.

When the gaseous elements of waste and overplus of nutriment recombine into uric acid, or any of the xanthines, hypoxanthines, or other leucomaines, or any toxine, what is to become of the mineral matters contained in this overplus?

The kidneys and dermal glands generally secrete them out, but sometimes they are unable to do so, and these mineral matters are deposited about the joints and in other dense tissues of the body and arthritis, sclerosis, etc., result.

Treatment.—The patient should eat a little less than the cells require for maintenance, so that the deposition will cease and the deposits will be taken up more rapidly to supply the deficiency in the blood. Cut off half the diet at once, regardless of the appetite. Then, after a few days, if necessary, increase the allowance judiciously, but not to the full requirements of the appetite. Warm Epsom water applications are a great benefit both for

present relief and curative measure, also daily warm Epsom water sponge bath to make the skin active and hasten elimination. (Epsom water is one ounce Epsom salt to sixteen ounces water.)

The scant diet is a necessity. If less than the cells require is put into the blood the nerve power is obliged to draw on the deposits just like the nerve power of a pregnant woman draws on the teeth to build the bones of the child. It is slow, but the same patience of the woman will carry the case through.

There is no other way under the sun to do it, so do not lose time wondering which half of the diet to cut off and what articles of food the patient can starve on with the least inconvenience. Allow no alcoholic liquors, bitters or tinctures. Do not bother your brains a single moment about the various kinds of rheumatism, sclerosis, ankylosis, lithiasis, etc. There are no such diseases in the world and never have been.

When a rheumatic understands that there is no such disease and that there is no mystery whatever underlying his condition, the load is lifted from his soul in an instant and under fair treatment his trouble heals like a cut finger or a bruise, and as surely and completely. Any one can reason it out for himself. You can cure rheumatism a thousand miles away if the patient will eat right, bathe right and exercise.

BRONCHITIS.

This is considered a very difficult disease to treat. There is no treatment set out in the books that gives satisfactory results. The disease persists in spite of all treatment to a fatal ending.

What is this disease? It is defined as an inflammation of the bronchial mucous membrane. Well, a dog might as well be defined as the tip end of a tail. The dog carries his tail, and bronchitis carries the said inflammatory irritation, but what is bronchitis? We will make a definition on the other extreme from that in the books, and between the two you will have all desirable latitude.

Chronic bronchitis is sausage and fried eggs with two cups of coffee for breakfast, stews and roasts and puddings for dinner and a stack of rich toast, etc., etc., for supper. Another definition is a pampered appetite, whipped up with various condiments and sauces, alcohols and patent nostrums and a sedentary, inactive mode of life, "able to live without work." The true definition is different in different cases, but in a general way it may be defined as *One of the forms of Plethora*. The only scientific way to define it is to trace the symptoms in each particular case, and locate the deviations, which will show what it is and suggest the requirements and successful treatment.

Take the symptom most prominent, cough and bronchial exudates. The exudates cause the cough, they are secretions from the blood. They are composed of albuminous decompositions and toxic recompositions from an excess of nutriment in the blood above what the cells require, and some from natural or unnatural tissue waste. The nerve power may be so low that very little put into the blood will be taken by the cells, and the residue must be excreted in various stages of decomposition and toxicity. To make the matter worse, there may be a more or less general condition of retention by the skin, and in consequence the secretions may become very toxic and irritating to the bronchial nerves, and all the nerves, and thereby the various degrees of the disease be manifested. The renal apparatus will be affected in some degree at the same time by the same causes.

The next step in the tracing is the diet, constipation, etc. More nutriment is ingested in the blood than the cells can take in a nutritive way, giving rise to this accumulating excess, decompositions and toxic recompositions. It is not that the diet is great in quantity, but in richness, great in quantity of nutriment. The diet can actually be increased in weight and bulk, and yet so arranged as to bring the amount of nutriment down to the capacity of the cells to utilize, and often cure the disease by this measure alone.

Another consideration is the amount of exercise taken. Activity makes demands on the nutriment in the blood, and what would

induce bronchitis in a sedentary person will not give rise to any excess in the blood of a more active person.

A lady, age 33, suffered with bronchitis two years, tried many nostrums, etc., etc., and told her brother that she had consumption, and not to say anything about it. It was proposed to her to try a simple experiment, and the effects expected were carefully explained. Meat and eggs and half the usual quantity of bread were cut out of the diet, making it an unlimited quantity of fruits, vegetables and temperance drinks of all kinds, including buttermilk, sweet milk, coffee, pops and sweetened mixes, etc., etc. Sugar and sweets ad. lib. She never lived so well in her life, and in two weeks was practically a well woman. A small dose of double sulphide, as intestinal antiseptic, and to fill the place of the nostrums, was taken 4 times daily.

In every case of disease all the symptoms should be traced in order to determine all the deviations, and formulate a treatment that meets all requirements, for every requirement must be met in some way, either by foods, drugs, nursing, massage, etc., or by the recuperative powers, before normal conditions can be restored. We advocate all these ways when necessary, but lean strongly toward the use of congenial drugs as the most prompt and satisfactory treatment of disease.

In bronchitis the nerve power is, as far as we know, below the normal, and requires to be raised. The blood is toxic and requires to be cleansed, antidoted and the toxic source cut off. It may be excessive amount of nutriment in the diet, or excessive organic waste and breaking down of cells, etc. Whatever it is should receive effective treatment. A proper tonic, a stimulant, if necessary, to give the tonic effect. The daily warm Epsom sponge bath to put the skin in good order for the elimination of waste and to antidote toxic compounds in the blood. Small doses of laxative syrup 3 to 6 times daily to antidote toxins in the alimentary canal. (See page 151, Revised New Field, for the formula of Laxative Syrup.) Small doses of double sulphide to tone and render the alimentary canal normally aseptic. And, lastly, the diet is to be regulated so that a little less nutriment than the cells require shall find its way into the blood. If the

diet could be so nicely adjusted, as to put the exact amount of nutriment required by the cells into the blood, the condition would be theoretically ideal, but the *ideal* would be all there is to it; it would lack the zest waked up in the cells by a scarcity, which zest has more practical toning power than can be derived from any drug.

The practical effect of having some old conjurer pondering the daily regime, adjusting the units of carbohydrates, fats, calories and proteids, would be irredeemably bad on the patient, and put him in mind of an allowanced prisoner. It would stop the mind from running on all the vegetable and fruit delicacies that nature has so freely put in his reach, and keep it all the time in a state of fear of eating the very thing it craves. No, but simply instruct the patient that fruits, vegetables and milks are low in percentage of nutriment, and that he may eat of these seasoned and sweetened to taste, in reasonable amounts; that meats, eggs, cheese, butter, pastry, puddings and breads are very rich in nutriment, and should be entirely cut out of the diet for nearly a week, and then partaken of very sparingly until a state of perfect health is attained, and in future should be used in proportion to the amount of labor or exercise demanding them.

The various schools of medicine regard bronchitis in the same light, and the treatment of one school is about as unsuccessful as that of another. The faith treatment is fully as good as any, for it avoids the exhibition of uncongenial drugs, and gives the patient the same chance he had without any treatment whatever. But suppose the sly rascal who gives the absent seance should actually desire to earn his fee, and should give explicit directions regarding the diet and the Epsom bath, and every single case he treats recovers just as fast as the recuperative powers are able to restore the normal, wouldn't the eyes of sectarians show the whites? Every case can be cured by the proper adjustment of the diet at the proper time, or almost any time, and the proper treatment of the skin. Civilization is killing itself by *overeating and intoxication*. The sin of alcohol is bad enough, but it is less than the sins of systemic intoxication from indulgence of the appetite for strong diet. •

I am well aware that this doctrine of cutting down the diet, and of the decomposition of nutriment in the blood will seem like a theory to the average doctor, but it is by no means a theory. Natural tracings from actual facts have led us to see the truth as it is, and we have accepted it, as we feel bound to accept all truth.

When the young and growing have rheumatism, what does that mean? The capacity of the cells to receive nutriment is much greater than at a more advanced age. And the fact that rheumatism is more common at a more advanced age, and another fact, that hearty eaters of rich foods are the principal sufferers, and the further fact, that when the diet is properly arranged to carry no more nutriment into the blood than the cells will use in a natural way, an improvement invariably takes place without the aid of any drug, mean all we have ever said in regard to the subject. No sane man would ever invent such a theory. He could do better, and could hardly do worse if his object be to please the folks. It hurts a man to criticise his diet, and he is apt to have no further use for you. But some men desire to know the truth, and that is what we are driving at.

CHRONIC NERVOUS COUGH.

DIABETES.

Those who suffer with catarrh and asthma are subject to this kind of cough. The force of the pulse is below normal, showing enervation. The coughing spells come on at nearly regular intervals, and last a certain time and subside, indicating a nerve storm, or diathesis. The secretions are scalding in character, showing that they contain very toxic matters; they affect the skin about the nose and mouth very painfully. The patient is prone to take cold every change of the weather, and even from going into the outdoor air from a warm room, and is extremely sensitive to drafts of air, etc.

The toxic mucous secretions are a prominent symptom in sight, and traceable to decomposition in the blood, from the elements of which the toxins form, and appear in the glandular secretions, especially those of the mucous membrane. The skin is active at times, and at others inactive. The effects of the toxic matters on the organism show that the matters are abundant, or more than usually toxic in retention, which is traceable to abnormal systemic waste, shown by loss in weight, and to a surplus nutriment in the blood, shown by the keenness of appetite and quantity of diet consumed in great excess of what the cells are able to use with such scant nerve power, for the cells must be maintained at positive magnetism in order to attract the negative oxides in the blood. These two causes are adequate to produce enough waste in the blood to decompose into elements sufficient to recombine in toxic shapes producing all the symptoms ever noticed in this disease, including spasm and death. The weak pulse and symptoms of enervation, fatigue, etc., are confirmatory of this tracing. The periodicity and regularity, the character of the secretions, the proneness to take cold, are all confirmatory.

They say that this is a hard disease to handle, but has any one ever tried to handle it knowing what it is and what the requirements are? A blacksmith had just as well shut his eyes and hammer all over a horse to shoe him, as for a doctor to treat a case of this not knowing how to make a natural tracing.

The diet is to be cut down, excluding the articles most nutritious, so as not to overload the blood. The nerve power is to be raised, so as to stop the waste and enable the system to recuperate. The symptoms of retention are to be relieved by putting the skin in good order. The cough habit is to be guarded against by the application of strong Epsom water to the thorax and throat and neck every night. And the toxins now in the blood are to be neutralized by giving internally a teaspoonful of laxative syrup t. i. d. or oftener (Epsom Salt 1 oz, Sugar 2 oz. Boiling water 2 oz.)

If I thought you would not hoot at it, I would tell you that this treatment will end the symptoms in one day and night, because every requirement of the case is met. Many a time it has

healed this troublesome condition in 24 hours, and given instant relief during the time. The condition is a dangerous one; many cases run into consumption, and it is well worth while to study it up. To treat one phase of a case is like a balky team, when one pulls the other "flies back," and the wagon never moves. So the mucous glands can be put to sleep with an anodyne, and thus rendered tolerant, while the toxins accumulate in the blood, and though the cough is better, the disease is worse. That is no form of treatment worth considering; every phase of the case must be met at the same time; it is like a steady pull altogether, and things have to move.

It is very evident that the power to handle this condition comes through the natural method. Without it we could not know the requirements, and would be powerless.

The oxydation of nutriment within the blood is a science of itself. By means of the natural method we may learn what is to be known concerning it. By following the method strictly we are able to learn ten times more than any one was ever able to imagine in any wil-o'-the-wisp chase after a theory, and what we learn is dependable, it is truth, not like the useless and dangerous notions concerning false theory. When the cells are unable to use the nutriment in the blood it decomposes, and there results from the decomposition carbon, hydrogen, nitrogen and oxygen, and all the mineral elements the nutriment contained; also various acids, as prime products of recombination. Also, and most important of all in a pathological point of view, there results from various recombinations of the elements set free, the various toxins. Men have spent nearly all their lives learning and naming these, and all their uncle's money, and after all have only learned 59 of them, 13 of which are unnamed. In the uric acid group, counting to 64 of carbon, 24 of hydrogen,, 2 of nitrogen and 6 of oxygen, going no higher than these figures, there are seventy-four thousand, nine hundred and twenty-eight distinct toxins, or 74,869 yet to discover, with stock of names already exhausted, and 13 on hand unnamed. There is no need of stopping at 64 of carbon, for surely among all that seventy-four thousand combi-

nations we should find some higher in carbon than any of the few substances known.

There is no need of limiting ourselves to the figures given, and for all we know, there are millions of toxins, but there is *reason* in limiting ourselves to human limits, and what we know within these reasonable boundaries. No matter how many toxins there may be, no matter whether they are known and named or not, we know that all of this group are of the same chemical shape, and that Epsom salt draws off the carbon and destroys the toxicity of the compound.

The carbohydrates, leucomaines, etc., are all built on carbon as the toxic base, and are all antidoted by Epsom salt. This knowledge is worth as much to a man as his life is worth, but suppose he had ten times as much knowledge in another direction, and prided himself in it so much that he would not speak to common folks, and set himself to scientifically determine the toxic compounds present so that he might wonder about them "with great admiration," what worth is all this knowledge? The patient will recover or die in spite of all he can do on that line. How do we know that all these substances are built with carbon as the toxic base? We know this by the *method*. Natural tracing teaches it, and success proves the correctness of the teaching. Simply write down on a sheet of paper all the facts you are sure of concerning a thing, then observe the relations that exist between these facts, and write them down below the facts, for they are facts, then reason it out and make up your mind. Test everything to be sure of it.

Now set down the elements of a toxin, CHNO. Carbon is positive, oxygen is negative, but though positive and negative ought to come together when within the limits of attraction, yet we observe that these two do not come together without the aid of a synthetic, nitrogen. This is practically shown by the diet of lean meats in the uric acid diathesis. If nitrogen be made plenty and available, the non-toxic urea will be formed instead of uric acid, and other toxins. So we see in a moment that nitrogen plays an important part in the combination. Hydrogen plays about the same part, for the carbo-hydrates have no nitrogen, and

hydrogen is the synthetic in the union. In cases of diabetes mellitus, the exclusive meat diet (lean beef) furnishes nitrogen; a better synthetic and urea is produced from waste instead of sugar. Cutting down the diet, so as to induce a state of stomach starvation, as well as cell starvation, and putting the skin in good condition, and systematically raising the nerve power, cures the disease, so that health and a full diet may finally be enjoyed.

How do we know that carbon is a poison? We do not know that, except by the natural method, but we observe that all the forms of carbon with oxygen are poison. Carbon monoxide is extremely poison, carbon dioxide is of about one-fourth its toxicity and yet it is so poison as to cause death in a few moments, rendering a person inhaling it perfectly helpless in a single second of time.

We also observe that the alkaloids having the greater proportion of carbon are the more toxic, and that all chemicals of this shape, all synthetic compounds with carbon, are poison in the ratio of the carbon to the sum of the non-poison elements composing them. Then we put this knowledge in practice and find it remarkably correct. Yet we know that carbon is a constituent of the normal body, necessary to cell metabolism, and we also find that when it has produced its purpose at the cell that nature provides the most speedy means of eliminating it from the system. She treats it as a poison, and voids it at once, and that when the function of elimination is suspended, death from poison, or intoxication, is the result. Every one of these facts, traced in a natural way, ends in the conclusion that carbon is the poison base of all organic compounds. But tracing is hardly necessary when we consider how congenial to the system are all the other elements of the compound. Hydrogen and oxygen form water, nitrogen forms into volatile ammonia, and all three are constituents of the tissues and may be utilized in the system if needed, or expelled in gaseous form from the lungs if not needed, or retained without the least poison effect.

We must confess that we are very near our limits, and that some of our conclusions may need another application of the method to make them conform to exact truth. (Cyanogen (C. N.)

is so extremely poison that it may not have been studied correctly. The same combined with hydrogen forms prussic acid, none the less poison. With oxygen forms fulminic acid (lightning acid), which with metals form explosive salts, fulminate of mercury is used in gun-caps, cartridges, etc.

Thinking about these component elements, knowing that they are often set free in great volume and confined in the blood and every moment churned together, isn't it wonderful that they never combine within the circulation and produce the cyanides? How is it that nature is always wont to form the harmless urea, if at all allowed to do so, and if not, then the almost equally harmless uric acid, and never allow the waste products to form into the deadly cyanogen? Well, we cannot answer for the want of facts to put down on a sheet of paper, to which we may apply the natural method. In the first place, we are not sure that there are such things as atoms, and therefore we are not sure that our *carbon rule* is correct. We only know that these things are beyond human limits and imaginary. Atoms carry the idea of grains of something that fit together and form crystals. But we are just as well satisfied with another imagination, viz., that all things are made of mush, and plaster themselves together like they always did. It may be actual weight, or mush volume that chemicals come together, and the rule may be all right even in the case of cyanogen. It may be that a molecule of cyanogen is much larger than one of aconitine, and the carbon content be as great as in aconitine.

When a man dies suddenly, is his death caused by what killed him?

TYPES OF DISEASE.

Types of disease form mental pictures in the doctor's mind. They are not imaginary embellishments of education; they are realities graven on the memory. The rule for making them is all that one can convey to another; each one must make his own. But that should not discourage us, for the *rule* is all that

one engraver can convey to another; it is only in the degree of fidelity to nature that one may surpass another.

Types of disease are very simple. Any one can understand how they are made, and by placing his attention on the subject for a sufficient time, and by gaining the necessary amount of skill in observation, he can easily make for himself a full set of typical pictures in a very short time. The rule is the same the engraver uses.

Cut away all on the printing surface that does not conform to the features to be portrayed.

It may be a condition of disease, a landscape, a countenance, or characters representing ideas. The engraver uses wood, metal, etc., to engrave upon, and the doctor uses his memory. The engraver uses tools of steel, while the doctor uses his own keen perceptions, but they all use the same rule.

The science of types of disease is of vastly more value to the doctor than types to the printer. We can make a picture type in our minds for each class of disease and so be able to diagnose almost any condition from the pulse alone. Skill is gained by familiarity with the disease and long practice, but by the means of types ever in mind we gain more and closer acquaintance with real disease than is possible to gain in a hundred times the space and amount of common professional practice. The young doctor of only a year's work may have more skill than Aesculapias himself, and be able to give a good reason for every step he takes. One of the first things he learns is not to take a step without a reason.

In a case of typhoid fever we may trace the symptoms back to a single cause—*invasion*—then from this cause evolve all its necessary effects on the system, especially on the pulse at various stages of the disease, and particularly at the present time. Then carefully examine the pulse and see how it compares with what our reasoning indicated it should be. If no mistake was made the pulse and the reasoning will coincide exactly. And thus we have a type easy to recognize in any future case. Some of the characteristics of that pulse will be found in all similar invasions.

In a case of retention before and during systemic reaction, the pulse is found above the normal. At a later time, in chronic conditions, it may be considerably below. We can trace the symptoms back to a single cause, then we can take that cause and mentally evolve all its consequences on the pulse at various times, and the characteristics at any time may constitute a type, which may be recognized in a moment in any similar case. The pulse may declare cases to be similar, when the casual observer would think that no similarity exists.

In enervation types are so plain that we are too apt to take the patient as the type and ignore the pulse. But trace the symptoms back to a symptom producer, then read forward all the necessary effects of this cause on the pulse, and form the types to coincide with the exact truth.

We may in like manner determine the pulse of trauma, in all its various phases, as shock, fever, inflammation, etc., and form a mental conception of the type in each. We may take the condition produced in the system, and on the pulse by poison, and the different effects produced by the different classes of poisons and carry them in mind as types, and so may often know in a moment the exact type of disease we are confronting. The type suggests the symptom producer under all forms of disease and the proper line of treatment to pursue.

And so we may make types, or mental pictures, to cover the whole field of pathology. Trace the symptoms back to an adequate cause, then take this cause and evolve all its necessary consequences, cutting away every theoretical knot, until nothing is left on the printing surface but the lines that are true to nature, *as seen by us*. If we cannot trust our own eyes there is nothing to trust, not for the lack, but for the lack of capacity in us.

The engraver cuts away everything on the printing surface except the lines that are true to nature, and on the same principle we cut away everything from our mental picture except the lines that represent the actual consequences of the symptom producer, determined by a fair tracing of all the symptoms we see. Every one can understand it, and those who practice it will become skilful.

We may understand a thing perfectly and not be able to do it, but we are able to try, and that gives skill in due time. One hour per day spent in trying, for a month, will surprise those deficient in self-reliance.

The time for taking any man's word for the truth has expired, for we may have the truth itself instead of his word. The natural method, inborn and ever present with us, if given due attention, sets us free from the thralldom of dictation. In a small fraction of the time we would listen to a harangue we may trace the thing in question to its source, and from that point evolve all its necessary consequences, and even all its probable and possible consequences, and have the whole matter clearly and scientifically set before us.

A fair tracing is always worth the time to make it. It clears a subject of extraneous matter, and shows what belongs to it in a remarkable manner. A reading from a cause into the future is itself a remarkable thing, and as the reading progresses we may impress upon our minds, at any point, a type of the condition that faithfully portrays the main features of every similar case, so that we may recognize it in a moment.

The symptoms of chronic disease are traced in the same way as in acute disease. Trace each one separately back to an adequate cause, then take this cause, or causes, and read forward all the necessary consequences. As the reading progresses, the disease ceases to be acute and becomes chronic. The reading now embraces the effect on the nerve power and recuperative functions, on the blood, the glands and vital organs, thus giving us faithful pictures of the condition at all times, any or all of which we may adopt as types, and become so familiar with the features as to be able to recognize similar conditions on sight. We may bring to mind the main points in any case we ever saw, and practice over the years past and realize the reason of our failures.

The child begins type making without the least perceptible effort; he knows in an instant the meaning of every phase of smile and frown; he goes on to couple this with the surety of reward or punishment depending on his behavior, fully as complicated a reasoning process as we are often called upon to make.

This is a natural endowment of the child and is capable of being so developed that his conclusions will follow with unerring certainty and without consciousness of mental effort. Take a child so educated, and enjoying all the fruits of it, and project a single theory into his mind, he certainly would resent it. But suppose he accepts it as truth, how can he ever trust his reasoning thereon? Yet some of us carry all the theories we can get, and regard theory as a type of truth.

THE PULSE OF DISEASE.

There is a certain range of the normal pulse; below this range is the pulse of all diseases depending on enervation. Slightly above the normal range is the pulse of all diseases depending on or induced by retention, or a contraction and closure of the dermal pores. Still above this is the pulse of invasion, or of such diseases as depend on pathogenic germs and bacterial poisons. The pulse of drug induced diseases, or under drug influence, may occupy all these ranges, and even below and above.

We are all familiar with the range of the normal pulse. Then to think of the pulse of one suffering with a common cold, then of the pulse of typhoid fever, then of the consumptive's pulse, and we have types in mind of all these main underlying conditions which induce disease, for in these three ways, by retention, invasion and enervation all the natural diseases produce their peculiar effects on the organism.

The pulse of *trauma* and *poison* may be high or low, according to degree and circumstances. The same case may have a high pulse at one time and a low, weak pulse at another time. There is no danger of the science being so simplified as to be done away with; we simply wish to direct our very best efforts along truthful lines.

DIET.

Mucous secretions more profuse than normal indicate toxic elements in the blood that irritate the governing nerves of the glands to abnormal activity, same as pungent odors and dust and smoke, etc., may excite the nerves of the nasal cavity. These irritating elements may be from three sources: (1st) From the decomposition of an excess of nutriment in the blood. (2nd) From the breaking down of tissues and abnormal tissue waste. (3rd) From bacteria, the decomposition caused by bacteria, of the blood, the cells, the nutriment in the blood and lymph, and by the decomposition of the bacteria themselves, for the life term of these minute organisms is very short in many cases, and generation after generation follows, and the decomposition must be very considerable.

Decomposition gives rise to the liberation of the elements of which the decomposing substances were composed, principally carbon, hydrogen, nitrogen and oxygen, and the mineral elements calcium, sodium, magnesium and potassium. There are other elements also, such as sulphur and iron, that cloud the eye and warn us of the prevailing conditions, chlorine, iodine, silica, etc., but the above named elements are adequate causes of the conditions we have to study.

When the blood is loaded with the elements of decomposition, confined, warm and constantly in motion, with vital and electrical influences ever present, recombination must take place. The kidneys and other glands, especially the mucous glands, secrete great quantities of partially decomposed albumen, the nervous system shows the effect of toxic matters in the circulation, often the breath is loaded with their odors. The urine and sweat may be very offensive. Uric acid is carbon, hydrogen, nitrogen and oxygen, and is made the type of a class of toxins; there are thousands of them, the ninety-nine one-hundredths of which are not yet discovered and named, while some are discovered and not named, but we easily discover the condition behind them all.

Glucose is carbon, hydrogen and oxygen, and is taken as the type of another family of toxins, though not toxic of itself;

many compounds of that class are toxic. There are hundreds of them not yet discovered, and never will be. They are classed, as to the degree of oxidation, into sugars and acids. These so load the blood that they often sensibly appear in all the secretions, even to a sweet, nauseous taste constantly present in the mouth (Brodnax), and sour stomach, sour perspiration, etc. What do we care how many hundreds there are of these compounds, or whether they shall ever be discovered or not, while we know the *conditions* behind them all?

The mineral matters set free in the blood by decomposition are voided by the kidneys and dermal and mucous glands often in great quantities, unchanged at times, and at other times as urates, or neutral salts of various chemical structure. Sometimes these salts form concretions within the circulation, or the cysts, that obstruct the capillaries, the arteries and veins, and so permeate cartilaginous tissues that they lose their organic structure and become solid stone. Does it make any difference what these are when we have traced out all the facts to their origin and know the cause and condition back of them all?

By the simple method of natural tracing and methodical reasoning we hold the elements as in our hand and are able to guide and control them at will. Carnivorous, herbivorous and omnivorous people may suffer with gout, lithiasis, etc., they may put up a thousand prayers for mercy, and mercy comes in nature's way, for she always does the best she can. But we propose to get at it from the other end of the string and have mercy right now. We know there is a balm in Gilead, but the patient does not want to go there, and our business concerns the remedies this side of the river. We simply propose to listen to nature, and try to understand her, and fill all her requirements and set the patient at peace with her. In this class of cases, which includes all that have a ravenous appetite, we intend to cut the diet down in amount of real nutriment taken, though if desirable, it may be increased in quantity.

Begin to study on it. Make a distinction between quantity and quality, quantity of nutriment and quantity of nutriments containing it. You will soon see that this matter can be governed.

The meats are almost pure nutriment, while the soups, vegetables and fruits contain only a scanty percentage. Skim-milk, butter-milk and whey are only about 1 per cent. nutriment; turnips only $1\frac{1}{2}$ per cent.; apples about 2 per cent. 4 oz. bread, 4 oz. vegetables, 4 oz. fruits, 4 oz. milk or other liquid is an average meal for a hearty man. Now you see you can take 2 oz. bread, 5 oz. vegetables, 5 oz. fruit and 6 to 8 oz. milk, increasing the diet one-fourth in amount, and cutting down the quantity of nutriment put into the blood about one-half, and this is about right. But suppose in disease you wish to make a change, and exert some influence over conditions, even persuade nature to do as you say. You can take 1 oz. of bread, 6 oz. vegetables, 6 oz. fruits, 8 oz. buttermilk and induce within the organism a starving condition, while the stomach is full and the appetite fully assuaged.

This is very practical, but you better not trust to it, or any set dietary. It does not harm a sick man to starve him. So it is best to keep the object in view and by speedy means induce a starving condition in the cells, with the appetite only partly assuaged by the quantity of articles low in nutriment. . When this starving condition is produced, the main source of the decomposition in the blood is cut off. Then there follows a general cleaning up in the circulation. Then the lithic and sclerotic deposits are drawn on and dissolved out of the tissues. Next, the fat will be used up, next the teeth and finally the nerves and all the tissues of the body will be torn down to some extent to support vital functions. You can push this work as far as you please, even to death. You can stop it at the point when the deposits and part of the fat are utilized, and turn the patient out healed and instructed.

This applies to a great many conditions beside the lithic diathesis. Whenever there are exudates, trace the symptom and see if it does not point to an excess of nutriment in the blood. Whenever there are abundant mucous secretions, no matter what the disease may be termed, cut the diet down and heal the *patient*, not the disease.

Remember, while most men live to eat, and will not submit to

any cutting down of the quantity consumed, that you can easily cut down the nutriment taken and not the quantity eaten. Always beware of a symptom producer at the bottom of all and treat it.

There is another class of patients who suffer from excessive mucous secretions, principally in the bronchial tubes. Though the cause as traced out in a natural way goes back to a real symptom producer, generally *enervation*. The diet is all important in these cases, and it is often difficult for a patient to properly digest the increase in vegetables and fruits, but we must simply make him able to do it, and must force the increase on him no faster than he is able to take care of it. But the most of the breads and meats, cakes and pastries may be cut out at once, and this will coax the stomach to better utilize what is allowed.

Such patients have at times an insatiable appetite for vegetables and fruits, and when these things are eaten they do not digest. Before the dieting can be successfully undertaken the nerve power must be raised, and the ability to digest must be secured. This is best done by cutting out all rich foods, and by reducing for a time the usual amount of foods taken, until the appetite makes imperative demands, which demands may very cautiously be scantily supplied.

Under the influence of a good tonic, and cell salts, if indicated, it will not be many days until the digestive organs will be in fine shape, and then the quantity of foods low in nutriment will be gradually increased to the reasonable satisfaction of the patient, but he must all the time be guarded against caprices of appetite. It is a good rule to put on his plate all he may be allowed to eat, with leave to eat slowly what he wants and quit; never fill his plate the second time, nor allow a morsel more than that first determined. Wise dietary regulations and the treatment of whatever symptom producer may be present, including daily Epsom sponge bath, will not fail of good results in this troublesome type of disease.

THE URIC ACID DIATHESIS.

Take the various kidney affections as a class, including rheumatisms, lithiasis, liver diseases, "bad blood," etc. They are all closely related to each other; consider them in some respects as the same thing manifesting itself through different organs and consequently in different ways as the circumstances are different. If we think, we must think something. Sitting down bewildered with theories, balked and discouraged, is not thinking at all; it is simply fooling away the time. We may be trying to remember something we have read, but that is not thinking.

Thinking is causing a train of thoughts to pass through the mind, and there are various ways of doing it. If we begin with theory the whole train of thoughts will be of the same character; if with fiction, the whole train will be fiction all the way through; if with dependable fact, the whole train will be dependable fact if no mistakes are made, and success or failure proves whether any mistake is present. So let us begin to think—to set in motion a train of thoughts. And as this whole volume would not contain half the reasoning on theory, or fiction, and as failure in every condition under consideration would, and always has, shown us that mistakes are made, the very first mental motion, the first step, pinning our faith to a theory, or to anything not dependable being an inexcusable mistake, and the whole train being of the same character, we will therefore begin with simple fact, and so let a train of real facts move along in a natural way and the result will be fact that will, if properly executed, materialize in success, which proves that no mistake has been made.

The facts are in this class of disease, pain, restlessness, wasting of tissue or losing in weight, and an excess of uric acid in the blood and excretions, formation of litholites, etc. Uric acid is carbon, hydrogen, nitrogen and oxygen. These elements must come together from some source; they are indestructible, and not in man's power to create, not even in the power of nature to create. They must come from some source in some manner. Grape sugar in the blood of the diabetic must come from some source. There are two sources possible: First, from the food

ingested; and, second, from waste within the organism, broken down tissues and dead cells. In the beginning of the disease, before there is abnormal waste, it could not result from that cause, for that cause does not exist at that time.

At that time the appetite may be indulged as usual, digestion may be particularly good as it usually is before a uric acid storm, the sympathetic power may be below normal, causing the keen appetite, the pores of the skin may be partially closed by exposure or otherwise, the cells not being able to attract and assimilate a normal amount of nutriment from the blood on account of the low nerve power, and the supply of nutriment in the blood being abnormally great from the keen appetite and rich food, there results an excess of nutriment in the blood, and as the cells cannot take it, nor the glands excrete it as it is, decomposition must result, the products of which are carbon, hydrogen, nitrogen, oxygen and certain mineral elements, whatever the nutriment may contain.

The gaseous elements form into uric acid, sugar, etc., etc., whatever the proportions best favor. (Gould mentions 43 distinct compounds formed in the blood beside sugar, urea, uric acid and the leucomaines.) The mineral elements are excreted by the glands, or partly excreted, and the remainder deposited within the organism. The kidneys and liver may be so active as to free the blood of the waste minerals, and deposits may be made in the bladder, or they may be entirely excreted, generally are. Or the glands may be inactive and litholites form in the blood vessels or in any part of the body, usually in the dense tissues of the joints, giving rise to the symptoms known as gout.

This train of thought began with an indisputable fact and ended with another indisputable fact, and solid facts bristle in every line. Now let us look it all over carefully with a different idea in mind—that is, if possible, to discover a rational treatment of these various conditions, and if the treatment is successful the correctness of our thinking or train of thoughts is beyond all question. And we must say that if it does not succeed any better than former treatments founded on theoretical reasoning have

succeeded in the past, it is all absolutely false, like they are, and we must think again.

The fact of losing in weight shows that the outgo, or excretion, is greater than the income, that the cells are throwing off more than they are taking in, while the food ingested is as much, or often greater in amount, than normal, and the amount taken by the cells being less than normal, it follows that there must be a considerable amount of nutriment left untaken by the cells in the blood to decompose, and that this excess is augmented by an excessive amount of waste from the cells, because they are taking in less than they throw off when the body is losing weight.

It may be said that the excretions, one time or another, exactly equal the ingestion, and that everything taken in must in some way be excreted, which is, in a general sense, true. But when the nutriment has been taken in a normal way by the cells, and this nutriment has performed its natural functions in the cells, the whole system is nourished, and the glands are innervated to excrete the resulting waste in a normal way, and when it is not so taken by the cells the glands have not this normal power, and the cells of the sympathetic are weakened and unable to innervate the whole community of cells sufficiently to enable them to return to the normal, and so, under the circumstances, the condition must persist. Now what ought to be done?

There are perhaps a thousand answers to that question, every one of them built on a theory, and not a single one of them successful in practice. To simply grasp the situation, as a whole, a little common ingenuity would at once determine to change the circumstances. If there is an abnormal decomposition in the blood, partly, if not principally, from an excess of ingested nutriment, cut the diet down to safe limits. This done, a marked improvement always follows, and this improvement is the best proof we have of the apparent fact that a considerable amount of the decomposition in the blood is from waste nutriment in the blood, and not entirely from cell waste. Our most successful physicians cut the diet down, and so reduce the decomposition in the blood so that nature may have a possible chance to react. Some do it empirically, not knowing any reason why.

But good as this treatment is, it only meets a single requirement in the case, while uniform success requires that all requirements be met. Cutting down the diet to one-half at least, cuts off the source of decomposition from the food ingested, and if done at the proper time, the time when that was the only source, this measure alone would be uniformly successful. But when the body is losing weight and the sympathetic power is greatly weakened, perhaps almost exhausted, it is of equal importance that the nerve power be raised, and the abnormal cell waste be stopped. Stimulation may be necessary to enable the best treatment known to raise the nerve power. Whatever is *necessary* to be done, must be done in some way, otherwise certain failure is the result. And *everything* necessary must be done to insure success, otherwise success is impossible.

1st. The elements of waste must be neutralized in the blood.

2nd. The diet must be cut down to the ability of the cells to take.

3rd. The nerve power must be raised to innervate the cells, especially its own cells, and increase their ability to take from the blood the nutriment in a natural way, until the normal shall be gained.

4th. Glandular activity, especially of the dermal glands, must be secured and maintained, for minerals and mineral deposits must be dissolved and carried out of the system.

5th. Pain and restlessness must be speedily relieved. These requirements are, every one of them, real facts, and every one of them should be fully met by a treatment that is a physiological fact. Theoretical bombast has no place in the treatment of this class of disease. Neither has empiricism, for it is blind, and if luckily it fully meets one phase of the situation it gloats on that and fails in all the rest, and the consequence is the same as no treatment whatever.

1st. The diet must be cut down one-half for a few days, no matter how meager it may be. Then gradually increased as the nerve power shall be raised, to the actual requirements of the cells, but never to the point that induced the disease.

2nd. Saline laxative or Epsom salt in assimilable dose, 10

to 20 grains three to six times daily, to neutralize the gaseous products of decomposition resulting in the blood, carbon, hydrogen, nitrogen and oxygen, which otherwise would form uric acid, or some of that series. The magnesium combines with the carbon and renders a toxic combination practically impossible.

3rd. The bitter tonics, and if necessary a stimulant, to raise the nerve power and stop the abnormal cell waste, and to enable the cells to take the nutriment in the blood in the natural way.

4th. Daily, or more, warm Epsom water sponge bath, to invigorate the glands, especially those of the skin. Applications of the same for pain and restlessness. (Epsom salt 1 oz. Water 1 pint.)

5th. Applications of carbolized Epsom water for severe pain and intolerable restlessness. (Epsom salt one or two oz. Carbolio acid, or creolin 10 to 20 m. Water 1 pint.)

Thus every phase of the case is met, every requirement fully answered, and success proves the work. "You do not mean to say that you have uniform success?" Yes, we do mean to say that when these natural requirements are fully met, and in cases where there are other natural requirements, as where the digestive powers are greatly weakened, and the blood is lacking in cell salts, or when the fluids are lacking in acids, when all the natural requirements are fully met, there is no failure whatever. Neither is there any failure in a single case to be able, when willing, to reason out the exact situation and prescribe the proper drugs to meet it. "Where there is a will there is a way."

We have 140 or more drugs recommended as beneficial in this class of disease. One to increase the action of the kidneys, another to decrease the action, and so on all through the list, just the same as if the doctor took a chunk and threw it over the fence, then went on the other side of the fence and threw it back, and so on. Ask him why he threw the chunk over the fence, and he answers, "Because it was on this side and I wanted to change it." But why, then, did you throw it back again? "Because it was on the other side, and the same reason holds good." Look over the whole list of 140 drugs and select the drugs for a case, on what principle can it be done? If the kidneys are active, as they

generally are, a drug to sedate this activity is selected, on the chunk principle. Then if the activity be reduced, as would be the case, of course a second drug is selected to increase their activity, for the same reason, and with just as much benefit as to laboriously throw a chunk over the fence so as to have it on the opposite side from which it is on, and never let it rest a moment on either side, because the same reason holds good all the time, whichever side it is on.

A straightforward train of thoughts is never set in motion. The doctor reads and works constantly, but never thinks, for he does not know how to think. He is bewildered with theories, puzzled with the notions of other men, and had just as well be throwing a chunk over the fence from side to side with all his might, and his patient would fare far better if he did.

The natural method of tracing and reasoning on the symptoms in each identical case is an indispensable part of the scientific treatment of disease. The naming of diseases is a most unfortunate thing, for that makes it only necessary to diagnose the name and look in a book for a remedy, and no train of thought is set in motion. And the same thing over and over, day after day, till the reasoning power is dwarfed or totally lost, and we choose what theory we will follow and become prejudiced and lose our personal identity in the great throng that follows a delusion down the broad way to final destruction.

There is not a land under the sun so thoroughly heathen as our own beloved land, nor is there an age passed in all time when more victims were offered up to heathen gods than are today sacrificed to the false god, theory. All because we do not think. There is no excuse for it. It is as natural for a man to think as it is for a duck to swim. The brain of man was surely made to be used.

We have designed a tablet (No. 30, Anti-Lithic) to meet the natural requirements in this class of disease, combining the antiseptics with the congenial tonics and cell salts natural to the body and a gentle stimulant. It contains:

Double Sulphide	gr. $\frac{1}{2}$
Po. Cinnamon	gr. 1-10

Po. Colombo	gr. $\frac{1}{4}$
Po. Wild Cherry Bark	gr. $\frac{1}{4}$
Po. Poplar Bark	gr. $\frac{1}{4}$
Po. Sanguinaria Root	gr. $\frac{1}{4}$
Po. Cell Salts	gr. 2-5

This meets all the natural requirements in many cases, and the frequency of dose can be varied to suit the condition, and with the Epsom sponge bath twice daily, or more, completes the treatment.

CHRONIC BLADDER IRRITATION.

1. The old and those in declining health are subject to bladder irritation.
2. Plethora and overeating cause it in young or old.
3. Retention causes or aggravates it.
4. Restriction of the diet improves the symptoms.

The prominent relation common to facts 1, 2 and 3, and supported by 4, is that a condition of more than normal waste or excessive nutrition gives rise to decomposition in the blood, and the elements set free recombine in toxic shapes, and are secreted by the kidneys and stored in the bladder ready to be voided. These secretions are often extremely irritating, and cause burning sensations and hyperesthesia, and sometimes involuntary micturition.

Rigid restriction of the diet cuts off the source of the excess of nutriment in those given to gluttony, and cures the disease. In those who suffer from excessive tissue waste, to raise the nerve power and stop the waste cures the disease.

The daily Epsom sponge bath and a morning dose of laxative syrup is good treatment for the general condition. Then, in addition, all particular requirements in each case should be met.

But most patients love to eat, and hardly know when to quit. So we must be wise about it, and not trust to good advice alone to sufficiently control them. It is best to give very little advice,

but simply consider the diet that occasioned the trouble, and carefully replace the articles richest in nutrition with more pleasing articles which are low in nutrition. Make as great a change in the quality as possible, and then, if that is not sufficient, cut down the quantity.

It is a difficult matter to cut down the quantity to be eaten, for often the patient has an insatiable appetite, and he will change doctors before he will submit. All he wants is to rest easy, eat plenty and get well. The science of the other doctor includes the "judicious use of anodynes," rare beef steak, "'am-an-eggs," meat extracts, etc. He has an idea that death is foreordained, and cannot come sooner, and he wants for his patient all the comfort and pleasure possible as life drifts on to the fated hour. But he is woefully mistaken; 99 per cent. or more die long before their time to die. Some wither as soon as the light shines on them, some fade away in the hopeful glow of life's early morning and all along the way are sad mementos of the departed who slept away the golden opportunity or fainted in the heat or sank down intoxicated on the anodyne cut off.

There are many other things that make it very difficult to control a patient's appetite. But why control it? Why not satisfy it? It is perfectly natural; there is a reason for the insatiable craving for food, and a natural tracing will reveal the reason. Sometimes it is a lack of cell salts, or of the congenial acids to put these vital salts in perfect condition for assimilation, but generally it is the toxins of the waste, excesses and residues in the blood that constitute the main cause, and these depend on a real deviation, retention by the skin, or insufficient nerve power to enable the cells to take the nutriment from the blood.

Hence, you see why we stated above that the daily Epsom sponge bath, to open the pores of the skin and invigorate the dermal glands, and a morning dose of laxative syrup (Epsom Salt and Sugar equal parts, with water enough to dissolve them and prevent recrystallization. See Revised New Field, page 151) to neutralize the toxic compounds that have accumulated in the stomach during the night, is good treatment.

The craving appetite is a symptom and natural result of in-

toxication, and to neutralize and eliminate toxins from the system is of prime importance. And the raising of the nerve power, that allows the waste from which the toxins result, is also one of the essentials of successful treatment.

In Bed-wetting the conditions are somewhat peculiar. Before the habit of retaining the urine during sleep is fully established, a slight change of temperature during the after part of the night causes some degree of retention by the skin, the kidneys become more active and a greater amount of urine than normal is secreted, and this increased quantity contains the toxins that should have been eliminated by the skin, which irritate the cystic nervelets, reacting on the muscular coats, forcibly contracting them, and the result is unavoidable. The nerve power is generally normal, and there is no particular fault to find with the diet. The slight degree of retention constitutes the only deviation. This provided against will *theoretically* cure the trouble, and cure it just about like we generally see it cured—simply baffled with.

The world is not run on a theory, but on solid Divine Intelligence, a little offshoot of which, termed science, is loaned to man, to be nurtured and made to grow to the glory of the Parent Stem supporting alike, with equal dignity, the known and the unknown, that which lays beyond our limits the same as that within, so faith may look to that beyond with equal confidence. These little sufferers are scolded and punished by the ignorant, when they should be pitied and treated in a sensible way. There is a habit to contend with, as well as the deviation. Provide against getting too warm in sleep and against kicking the cover off. Then give 3 to 5 grains calcium phos. t. i. d., or $\frac{1}{2}$ gr. double sulphide 4 to 6 times daily, and in addition arrange the diet so as to make a scarcity of nutriment in the blood for a few days.

The good effects of this treatment will be very apparent at once, but the calcium should be continued for a month or more, and as a full diet is restored, good judgment as to what constitutes a full diet must be used. Never allow meats in unreasonable amounts, nor eggs, or other rich foods to the extent of gluttony.

Atropine is a common remedy in this trouble. It is of the same chemical shape as the toxins that irritate the nerves, and, though

it stupefies and relaxes the nerves, yet the reaction from its effects is so deleterious that we may put it down as an aggravation of the condition, and not a remedy. There is no uncongenial drug indicated in the troubles of these little sufferers.

A hundred or more years ago the treatment of the various degrees of cystic affections was mainly the opiates, uva ursi, the turpentine and a tonic of peach leaves. Now, after all the great waves of theoretic light have penetrated the modern skull, the treatment is nearing the climax of craziness, if it has not already reached it. Today the man who has banished his human sense and reason to make room for theories from the same old source that Mother Eve listened to with that pleasing smile, prescribes tannic acid, ergot, mydriatics and nerve paralyzants, iron, alum, lead acetate, morphia and huge doses of quinine and arsenic, with a notion that malaria has something to do with the trouble, leeching, cupping, suppositories of opium and belladonna, cannabis, triticum repens, flaxseed tea, barley water, cathartics and a very nutritious diet.

See how logical it is. Tannic acid and ergot, iron, alum, lead and morphia to contract tissues, necessitating the use of anodynes and nerve paralyzants to relax. The strongest astringents to constipate and purgatives to counteract the effect, while the failing nerve power suffers from both alike, and natural reaction is thereby rendered an impossibility. A hundred years ago the peach leaves tea was a good thing, but today there is not a single good remedy in the whole list. In this case "the wonderful advances in therapeutics" are in the wrong direction. Those who boast of it are evidently faced toward the realms of the sunless. They do not know how to make a natural tracing, nor do they ever dream that there is a way to establish facts unknown by that which is known that may be proven with equal certainty.

The construction of all the glands is very peculiar. They seem to be actuated by a vital principle the opposite of that governing the lacteals and absorbent ducts, refusing the exit from the blood of all nutrients until these nutrients become decomposed, or in process of decomposition. Thus albumen in all stages of decomposition may be secreted by the lungs and kidneys. And this is

why overloading the blood gives rise to toxic symptoms. The cells cannot take all the nutriment, the glands refuse to let it pass them, and decomposition results, which sets free the elements of which the nutriment is composed, the mineral matters become urates, ammoniacal compounds, etc., while the gases are quickly combined by the ever present force of magnetic attraction into the various toxins.

The common shape of a toxin is CHO, same as the alcohols, many of them much more toxic than alcohol, or CHNO, the same as an alkaloid. Natural tracings show some of these to be as poisonous as any alkaloid, though none have been, so far, discovered of equal toxicity with atropine and aconitine, yet the effects declare that they exist. It is found by experience that these compounds are toxic in proportion to the amount of carbon contained. This we term the *Carbon Rule*. As far as we know, it holds good with the alkaloids, toxins and all chemicals of similar character. Experience also shows that equal volumes of carbon and oxygen in a compound are not toxic. This we term the *One Atom Rule*. It is fully discussed in *The New Field*, being one of the most useful features of that little work.

Now suppose we meet with other cystic and renal disorders, some of which are hard to understand, we have mastered this simple affection and may make it a type of the whole class, and may apply the same kind of tracings, as far as they go, to any similar condition we may meet. The various sediments, calculi, urinary casts, uremia, renal hyperaemia, haematuria, nephritis, pyelitis, hydronephrosis, chyluria, etc., are generally traceable to a weakened nerve power, serious tissue waste or plethora, or to all these combined.

If we meet with a serious case we cannot understand, make a very large hot application of strong Epsom water to the back, and cut down the diet to the lowest point for a day or so, by which the disease will be brought within the limits of our comprehension, and then we can proceed in a scientific manner.

Albuminuria is often caused by a lack of cell salts in the blood, the white loaf carries very little minerals, and where minerals are in great demand, as in pregnancy, common diet furnishes a sur-

plus of albumen, and hence albumen in the excretions. It is like mortar the mason cannot use for the lack of bricks, and is not of itself a disease. There is no exact knowledge concerning the particular use of each one of the cell salts, except from natural tracings. In glandular derangements hyposulphite of soda in 2 to 5 grain dose, 4 to 6 times daily, is of marked benefit, rendering the secretions less irritating. Epsom salts in 5 to 10 gr. dose, 4 to 6 times daily, is of still more benefit. (Epsom salt is from 10 to 40 per cent. sodium sulphate.) The sodium in the Epsom influences the glands while the magnesium antidotes toxins in the blood.

CONSUMPTION.

That there is good and bad in the world no one will dispute, and that the two are badly mixed is a fact. It is a fact that the bad is labeled good, and bought and sold for good money, and that the most frightful consequences result without even opening our eyes to the true conditions around us.

Think of whole neighborhoods, cities and nations being murdered, methodically murdered, and paying for being murdered, and wise (?) old humbugs of legislatures making *laws* to "regulate" the murder and to license and officially supply the demand for murderers, to the end that nothing shall fail which his satanic majesty hath decreed, then apply natural tracing and see what you get.

Human life is limited to 70 to 120 years, more or less. To willfully cause one to die "before his time" is murder. The longer a murderer has to meditate upon his doings, and the more complicated the means he uses for the purpose, and the more secretly the vast scheme is veiled, and the more factors concerned in making sure the hideous consequences, the more revolting it appears in our eyes. Here are real effects in sight, now trace them back to an adequate cause.

The funeral was grandly solemn. It was of a beautiful young girl, an only child of wealthy parents. She was a victim of "The

Great White Plague." She was the worshiped idol of the household, educated and accomplished. She took cold in vacation time, and inspite of the efforts of the most noted physicians, she sank rapidly to her death.

Well, these physicians believed that "there is no cure for consumption," and their efforts were directed to relieve the distressing cough, using various anodynes, which lower the nerve power, and prevent natural reaction, for that purpose, making recovery impossible. One anodyne was followed by another until seventeen had been tried in rapid succession, and of course the decline was proportionally rapid. During her childhood to the present time she had taken thirty-eight patent medicines of various compositions that contained either an anodyne, a purgative or emmenagogue, for various ailments. The four physicians who treated her in her last illness used about one hundred drugs. A healthy person could not take an equal amount of the same drugs without seriously affecting his health.

In the light of these reflections we readily see that everything conspired together for the destruction of this innocent young girl. If an outlaw had broken into the home and murdered the child he would have been hunted like a savage beast and summarily dispatched, but the consequence of the legalized conspiracy amounts to the very same. So many drugs generally kill, sick or well. A multitude of poor people took cold during the same cold spell, and took no drugs whatever, and got well. If her parents were "poor folks" she would have also escaped. If the doctors had not been taught to believe that consumption is incurable, they might have studied out the condition, and might have assisted nature in her effort to react. If she had not been raised as it were, on patent dopes, she would have had a better constitution and more vigorous reactive powers.

Everything in the scheme pulls for the money. The highwayman allows all to pass unmolested who appear to be scarce of money, and the very same principle works all the way through until the cold clods fall on the burial case and the white monument is placed over the clay.

Well, what are you going to do about it? Nothing, but simply

revolve it in our minds, and endeavor to understand it. This thing has been going on for many ages, gradually growing worse as the means for smothering the recuperative powers become more plenty and efficient.

If we have not traced this thing out to adequate causes complicated together, to be more successful than any single cause could be, then was no plot ever discovered, no rascality ever divulged and no evil ever pointed out. You see the child's vitality was lowered by so much dosing with patent drugs. Then the retention of the toxins caused by the cold loaded her blood and filled her lungs with secretions drawn from toxic blood, and the treatment rendered impossible natural reaction and recuperation. Life cannot exist very long under such conditions. The nerve power, weak to begin with, became weaker and weaker as the time passed away, until hope was gone and the consequence assured.

At any time after the first few weeks it would have been a hard case to treat, though not hopeless. On natural principles such cases are easy to treat successfully. There is no natural reason why a person should die before his time, though death may come in many a way, and the young are not exempt. But the wholesale, methodical part of the scheme of destruction must fail when a scheme equally methodical, supported by greater numbers and greater power, is brought to oppose. Let nature's people and nature's powers and natural methods be scientifically opposed to it, and it must of necessity virtually vanish from the world.

They say it is an infective disease. Natural methods do not find it so; the pulse is not that of invasion, though invasion may exist at the same time and the pulse be that of invasion, but never so in consequence of consumption. This is a decisive settlement of the question of contagion or infection or microbic origin of the disease. The common symptoms are a weakened vitality, or nerve power, poor recuperative powers, an exciting cause, as retention, toxic blood, toxic glandular secretions in stomach, bowels and lungs, with natural efforts to throw these off, nausea, diarrhoea and cough. If these natural efforts are interfered with consequences will surely result. But if they are not interfered with,

and energetic steps are taken to remove the toxic matters from the blood which are causing them, the improvement will be promptly noticeable and the consequences avoided.

All these toxic matters are built on carbon as toxic base, and are poisonous in proportion to the amount of carbon contained, and these are being formed in the blood from tissue waste and unused food elements set free by decomposition. The lower the nerve power the less nutriment the cells can take and the greater the excess left in the blood not taken to decompose and recombine in toxic shapes. The more inactive the skin becomes the greater the proportion of toxic elements thrown on the lungs.

In this terrible conflict the Epsom sponge bath is a veritable two-edged sword; it neutralizes toxic principles in the blood, and at the same time throws open the pores of the skin and energizes the dermal glands to excrete them. It is an indispensable measure in the treatment. There is no anodyne on earth that will relieve and cure a cough so quickly and completely as an application of warm Epsom water to the thorax and neck.

Some years ago I wrote in *The Alkaloidal Clinic* that I did not know whether real consumption could be cured at all without the use of the Epsom bath and all night applications. I am now almost convinced that it cannot, and I am thoroughly convinced that it can be cured successfully by these alone with reasonable care in dieting. The food should contain its natural proportion of cell salts, as bread of the whole grain, and in quantities not above the requirements of the cells, less than half the quantity and variety usually taken by patients. Bulky articles of diet should be selected, provided the digestion is able to handle them, so as to fill up and satisfy hunger without overloading the blood with nutriment, for surely more than half the nutriment put into a consumptive's blood is never taken by the cells, and remains to decompose and intoxicate the system and produce the most distressing symptoms.

"Why is it that the cells cannot take a normal amount of nutriment from the blood?" Because of the low nerve power, which should electrify the cells sufficiently to enable them to attract the negative oxides of the cell salts in the nutriment which syn-

thetically draw in the albumen, etc., to naturally form repair and new growth. "Pshaw! that sounds like a theory; how do you know that to be a fact?" We do know that to be a fact, because we learned it in a scientific way—by natural tracings. We were more surprised than you are when we figured it out, and we could not rest until we had made many trials and proved it in many ways to be a fact, and if there is any particular thing in the whole world that you would like to learn you can easily do so by making natural tracings, no matter whether it was ever known before or not, no matter whether it be a disputed point or not, no matter if it be "a settled question" and the whole world fully believing it, you can make natural tracings concerning it and dictate to the world the real truth with all the means at hand to prove your words correct. "That sounds more like a theory than ever; that is too good to be true; let me see you make what you call a natural tracing."

Theory is a counterfeit of the truth. There is no theory in all this world concerning anything anywhere near as good as the real truth concerning the same thing; the truth is the best thing imaginable. If you have an old plug of a theory that don't half work, all you have to do is to make natural tracings and determine the truth and you will be ashamed of your old counterfeit, make-believe theory and drop it instantly. Now, in regard to what you term my theory, let us trace it up and see whether it is theory or not.

The facts in sight are: 1st, a low nerve power, shown by the weakness of the pulse, failing strength, loss in weight, etc.; 2nd, a toxic condition of the blood, shown by foul secretions, derangement of functions, queer spells, ungovernable disposition, a lack of natural nervous balance and many other symptoms of general intoxication.

There are many minor facts embraced in the consideration of consumption, but these are all that are necessary to constitute the disease and all that do constitute it in the majority of cases, and are all that are necessary to our tracing. We must know the tracks to be able to track anything and what certain characteristics of the tracks mean; if it be an animal, the heel print will

be behind and the nail prints in front. In the case of this disease, a continued falling off in weight or strength means that the disease is progressing in that direction, while a substantial gain in weight and strength means that the disease is receding toward recovery. All chemical changes are governed by electro-magnetic attraction. The positive displaces the negative, and that which is thrown down is negative to that which threw it down. A substance may be negative to a certain other substance and positive to another. It may be positive to a certain substance and more positive to another, so that it will let go a substance with which it has united to form with another a stronger union. To render an organic substance magnetic a supply of electric force is necessary, therefore, to render the cells able to attract oxygen, which is always negative; from the blood stream the cells must be rendered positive, or have a positive magnetism in some way by which to attract. There is nothing done without a doer; a track cannot be made without something to make it. And it is a fact that the cell takes the oxygen and negative oxides of the cell salts from the blood in some way. The carbon may take most of it and become a monoxide and dioxide and be repelled by the cell and swept away by the blood current to the lungs to have the oxidation more thoroughly completed, but however that may be, the necessity of the electric supply to the cells is apparent, hence the cells are unable to exhaust the blood of its supply of nutriment to a normal extent, and an untaken amount remains in the blood to decompose, to be augmented continually by a decreasing demand from the cells and an increasing amount put into the blood by an appetite sharpened by the systemic starvation prevailing.

If we have made a mistake, which is the easiest thing in the world to make, it will surely be discovered when we come to put our deductions into actual practice. What are the deductions?

1st. As a low nerve power was the fact we started with, we should raise the nerve power, and enable the cells to draw a normal supply of nutriment from the blood, set the pulse to beating with a normal stroke and so increase the weight and strength. We

should also govern the appetite and cut off an oversupply of nutriment from entering the blood.

2d. As the distressing symptoms resulted from a toxic condition of the blood, we should take all possible measures to neutralize the toxins and eliminate them, and so improve the secretions and restore the normal functions and nervous balance, thus completely ending all the factors in the case.

The two main factors mentioned have a relation existing between them, and if we had mentioned every symptom in any particular case there would be relations traceable from one to another. The low nerve power may cause the production of toxins in the blood; also toxins may produce the low nerve power, all owing to circumstances easy to trace out. Almost any disease may weaken the vitality and induce enervation, and various traumas may do the same.

Get all the facts down on a sheet of paper, and a little inspection will show the relations that exist, and the one to which all the others are traceable is the symptom producer in the case. In this disease cough is traceable to glandular secretions from septic blood, and this to enervation. A loss in weight is traceable to cell starvation, this to a lack of nerve energy to enable the cells to attract nutriment from the blood.

When the whole thing is carefully looked over we see exactly what ought to be done, and know how to take hold; we know what drugs to use and what to avoid. It is generally supposed that a troublesome cough indicates an anodyne to quiet the irritation and make the lung tissues more tolerant of the toxic secretion in the air tubes and thus give the patient rest. That is an entire mistake, one that would never be made if we recognize the symptom producer in the case as toxins depending on enervation, or as enervation depending on toxins. The true indications are to raise the nerve power and neutralize and eliminate the toxins. The anodyne would tend to lower the nerve power while the toxins continued to accumulate in the blood. The mucous secretions which cause the cough show the efforts of nature to cleanse the blood, and nature may be greatly assisted in her endeavor by opening the dermal pores and making the skin active

in the work, and this is very important, as it has a wonderful effect in relieving the mucous glands, and lessening the septic secretions poured into the lungs, hence the cough is relieved more perfectly than is possible to be by anodynes, thus leaving a lessened quantity of toxic matters in the blood instead of an increased amount.

Every process of reasoning, no matter who makes it, or how carefully made, should be proven to be true before it is worthy to be trusted. A trial of the two ways most signally condemns the anodyne in every case, and approves the means reasoned out by natural method; the results are very bad in the one and very good in the other. The anodyne interferes with the natural processes in their endeavor to bring recovery, while the other aids nature and in no way interferes.

There are no symptoms of disease that may not be traced in a natural way, reasoned on and correct conclusions drawn, which will enable us to successfully treat the condition that produces them. Even the method of reasoning may be reasoned on and perfected. It is our duty to do so, and to use our best endeavors to correct our own errors, as well as those of others, and to forsake the powers that are in league for destruction and earnestly contend against them. The Prince of the realms of the Sunless is the only one wilfully concerned in the scheme of wholesale, methodical murder, and all we have to do to destroy the scheme is to show it up and point out the natural way on which it is impossible to theorize and deceive, for every step must be proven to be in actual harmony with nature. There is not a disease in the world treated theoretically by any medical sect, which will not be treated differently by the very same men after they have reasoned on the case and made natural tracings, and the results will be uniform success. There is no natural reason why a young person must die. As it is today, death is the rule and natural limit maturity is the exception.

Treatment, to be successful, must be an adequate one. It must oppose the disease tendencies and in no wise encourage and strengthen pathologic processes; it must simply meet every phase of the case at the same time; nothing necessary must be omitted.

We have no new drugs to offer, and no new reasons for using the old drugs, but we simply offer *the natural method* as a sure means of determining the proper thing to do in every condition, and therefore in this.

That consumption is incurable is a silly hoax not believed by anyone having an average share of common sense or learning. Thousands of autopsies prove that the subject at some period of his life had been affected with real consumption and had recovered, even from the late stages of the disease. There is no incurable disease, there is no disease from which complete recovery has not taken place without medical treatment whatever, and of course would often take place with adequate treatment.

We must trace anything in order to find it, and we simply wish to understand this matter, then we will know exactly what ought to be done, and what we should avoid, so that no backward step will be taken. We have plenty of drugs, but we give strychnine and various tonics and stimulants to raise the nerve power and at the same time give an anodyne to prevent what we desire. We overfeed the patient because he is weak, when the fact is that what he has eaten is part of the cause of toxic blood and irritating secretions in the blood. We know enough about drugs and disease, but we have made no tracings and have not determined the natural requirements in the case. Man is a natural being, disease results naturally, and therefore there are no requirements whatever but natural requirements, and natural tracings must be made to determine them. And so we might continue to offer reason after reason to support the truth, when truth stands alone without any support whatever, the mightiest thing in all the world, it is not necessary to extend our reasoning, but simply to draw in our minds a contrast between it and error, and let that suffice.

We have devised a tablet which is very useful in consumption. No. 18, Tuberculosis. Double Sulphide 1 gr. Cell Salts $\frac{1}{2}$ gr. Copper phosphorized 1-1,000 gr. Aromatics q. s. 1 tablet 4 to 6 times daily. A tonic of strychnine, Nux or Wild Cherry is, in most cases, also required. In advanced cases a stimulant is necessary, such as ammonia chloride in one or two grain doses; $\frac{1}{2}$ gr.

may be sufficient. The system is weak and we should be careful not to overdose with anything. We should simply assist nature in whatever she is striving to do, and in no case impose on her a burden or even offer what she needs in quantities which she is unable to handle, but simply assist her as fast as she can utilize our help; we cannot take the government out of her hands without making the worst kind of a botch. Her endeavors to eliminate toxins show that the warm Epsom sponge bath, once or twice daily, will be of the greatest benefit, if not in most cases a necessity. The application of Epsom water, with a small amount of Po. Sanguinaria, all night and every night, over the lungs, to relieve cough, lessen the bronchial exudates and sedate the nerves and give natural rest is a grand help. (Epsom salt 1 lb. Sanguinaria 1 oz. Mix. S 1 teaspoonful in a teacupful of warm water. Make a large application; it cannot be too large nor kept on too long.) If in addition we use anodynes, drastic purgatives, alcoholic intoxicants, very rich food or allow fatigue or poor ventilation, we must expect to fail.

The glassy eye and the whole countenance and every feature of the physical condition declare that under the prevailing circumstances nature is failing in every effort to restore the normal, and unaided by that which will truly assist her death will end it all. The doctor who believes that there is no help and consequently prevents natural recuperative effort with his cough mixtures and placebo dopes and powders is the most unfavorable circumstance of all, acting the part of the one who would not lend his skiff to save a drowning child. Yes, worse than that, for he holds the place and effectually cuts off assistance from outside sources. He tells the family a pine blank falsehood when he says there is no hope, for he knows that multitudes have recovered. This particular circumstance must be changed at once and so clear ourselves of any willful part in the great scheme of murder. If we cannot trace the trouble out and successfully handle it we must get out of the way and give room for those who can. It will do a doctor more real good to honestly give up a case and see a New Field man come in and change the prospects of a case in a single hour and put a smile on every face in the house, than he

can gain in a thousand dollars' worth of post-graduate courses in any of the machines that belong to the scheme.

That the hope of a prosperous household must be blasted by the excuseless heathenism of enlightened men, that an industrious man must scientifically have his name blotted out from all future generations by the senseless craze of a few stupid men, who have never traced a pathological line in their lives, men who have delighted in stuffing their minds with theories and other forms of lies, and that have not enough love of truth to lure them a single inch in nature's path, beats the doleful howl they are now putting up on criminal emasculation. It is mental philosophy, though, for a great brute to snarl at lesser brutes and try to keep them out of his dish, and that sizes up the animus of the matter.

Some men have pictured to themselves the sweet time coming when they will have supreme control of all the legislation and nobody else have a right to live. They seem to forget the destiny of their own offspring, and that there is no safety or hope in the future except in the equal rights of all men and all women.

Now it does not look much like a theory, does it? A theory starts out with a proposition *incapable* of proof; we start with a known fact. The theorist labors with an endless play on words to make the world believe his theory, a thing incapable of proof, a very foolish thing, a thing that brings failure at every point; we simply take things as we find them, use only proven facts, use sound reason with mathematical precision, which brings success at all points. Nature repudiates the theory; she owns the reasoning and fosters it as a part of herself. The effect of theory is *entangling* and bewildering; the effect of reasoning is the *opposite*. The purpose of theory is to perpetuate the great conspiracy, the great crime against human welfare. The purpose of scientific reasoning is the opposite. It is not scientific to attempt to prove anything incapable of proof; it is pure craziness. The theorist recognizes no human limits, recognizes nothing beyond himself; we confine ourselves strictly within our bounds, and adore the Invisible Power that dwells beyond our little scope, the source of all.

Theory and failure: Natural, scientific reasoning and success.

Night and day, they are not alike, and yet you say our tracing is a theory. That is because you have not traced it yourself, because you do not understand our tracing. Now begin with something you do understand and confine yourself all the time to what you understand; your tracing may not be exactly like ours, but it will be natural and true, and the results will be beneficial in proportion to what you did understand, and will be a real help in therapeutics, and you will be standing ready to receive more natural light, and finally to become master of the human situation. But if you start with theory, or anything else you do not understand, all your mental operations will be made in the dark and you will not be standing ready to receive light or reason; your work will be of no benefit to yourself or any one, no help whatever; you will never become master of anything, and failure will be written on all you do. In a line, you will be a factor in the great scheme and crime of destruction, with your co-workers on every side, blinded and benighted the same as yourself, unable to extend the least benefit in peril, or necessity, all fitted for the one thing, and that alone, to rivet the chains on all humanity and dethrone the Power that loves us.

We do not mean to say that whole nations and races die before reaching the limit of human life of the one disease, consumption, but we do mean it just as it is, that consumption is simply an advanced stage of enervation, and the enervation lowers the vital powers and invites disease, that theory causes us to fail to understand disease and fail to oppose it successfully, and though we are well aware that all the factors in the case are not wilfully in league to bring about the evil results, yet we do mean to say that the influences are such that they do work together to that end, and practically the results are the same as though we were all guilty alike.

Of the whole Mexican army we never heard of more than three or four who reached the age of 100 years, and there is likely to be not a single man from our later armies. The average of life is less than half the span allotted by nature, and there are reasons for it, and natural tracings cannot fail to locate the responsi-

bility among the factors concerned. To locate a wrong is the first step toward its correction. The situation is full of hope; there is a better time coming, for it could not be worse.

CANCER.

General systemic invasion, both acute and chronic, is well marked in the pulse, and may be determined in a moment, but a local invasion, chronic or acute, is almost impossible to detect in the pulse. If we did not know a flea-bite and see the flea that did it, and two men stand by, one believing that all disease results from invasion and the other believing that no disease results from it, how could we put these men on the right track? We must surely begin at the general systemic invasions, such as typhoid fever, variola, etc., and demonstrate their invariable characteristics in the pulse, from which rapid tracings may be made with great accuracy. Then we might come to more doubtful cases, as gonorrhoea and syphilis, where the marks of enervation are the only prominent characteristic, and a more elaborate method of diagnosis be necessary, such as writing down all the facts we know concerning them and carefully noting the relations that must necessarily exist between the facts and even the relations between the relations, if necessary.

Cancer is one of those doubtful chronic diseases where we must use every means known to man in order to make a truthful diagnosis and hope for success.

1st. Cancer is apt to be found in the site of a previous trauma.

2d. It may remain dormant for an indefinite time and become active from irritation, injury or poison.

3d. There is pain or itching in proportion to the rapidity of its growth.

4th. The pulse shows enervation of the gonorrhoea type.

5th. The disease is cured by double sulphide.

There are significant relations existing between these facts. Between 1 and 2 you can almost read that cancer is a vegetable seed, that gains admission and finds lodgment in an injured part, where the circulation is impeded and conditions are favorable for its growth, and, like a plant, grows in the directions of greatest supply and least resistance.

Between 1, 2 and 5 the relation almost precludes further inquiry. As double sulphide cures all known invasions, and cures cancer, therefore in the light of the relation between 1 and 2, this is an invasion.

Facts 3 and 4 comport exactly to the above relations, and the harmony is complete throughout.

There are many other facts concerning cancer, and several other relations existing between the five facts stated, which may all be traced out, but they are all to the same point, and are sufficient to establish beyond all doubt the correctness of our position. The germ has no doubt been looked upon by us many a time, but we have failed to recognize it and demonstrate its true character. But we may reason upon its effects, and in this way demonstrate its character with more certainty than is possible in other ways.

We do not know anything about the dreadful *Amaeba* that gnashes its teeth and projects its awful tentacles into the living cells and sucks all the serum out of their paunches, but the picture we have formed in mind is not alarming in the least; it is comparable to mold in vegetable matter, or it may be as well in animal matter. We have noticed several distinct kinds of mold and have no doubt that there are many kinds we have not noticed, and that there are kinds which are beyond the scope of our investigation, so we are willing to content ourselves within the bounds of research without a single sigh for our own or anyone's deceptive theory concerning it. The hope ahead lays in the facts and in the truthfulness of the deductions therefrom.

We do not wish anyone to carelessly accept our version of the matter, but we do wish everyone to throw down their miserable theories and accept nature's simple method and follow it out to precision. Yes, and we wish all men to so love the truth that the idea will be firmly implanted in the mind, that truth is a

living entity that favors those who love it, and actually opens the way before us into nature's treasures. Like the mythic story of the golden bough bending down to the grasp of Aeneas, truth actually leans toward us and falls into our open arms. But if our arms are not clean, if we are pressing to our bosom a great lot of theoretical lies, truth passes by and lets us embrace what we love.

But this is a most unworthy comparison. It is more like the Son of God leaving the glorious courts of heaven and seeking us in this low, dark earth, not for gain, but for love alone. It is like the consolation that Christians feel every moment of their lives. So truth seeks a home in the human mind and cleanses it from all the rotten deceptions that have, like cancers, filled it with their foul stench for so long. There is an easy way to tell whether we love the truth or not. If we hold a theory concerning anything whatever, the truth is not in us and we do not love it. We may think about it and admire it afar off, but we fear it, and extend no honest invitations in that direction.

One of our great authors, who loves to indulge in swashiest kind of fiction, said that we do not know what a theory is, neither does he. But he would like to know, and we have already learned enough to fully satisfy our curiosity. Theory is like the color of the chameleon, never twice alike, and the men who pretend to know most about it are the most deceived. If you had to tell what the next theory would be your job would be like the toils inferno.

Now, if we are sufficiently cut loose from all the miserable deceptions concerning malignant tumors, let us look the facts square in the face and determine every requirement of the pitiable condition, and form a comprehensive treatment that shall fully meet all requirements. As sure as there is such a thing as human reason, the faithful performance of the task we have outlined will give us the victory.

About fourteen years ago a melanoma was cured by the internal administration of the sulphides. The first day's treatment relieved all the itching and pain. In one week the tumor measured some less in height, and presented a dull, shriveled appearance. It gradually diminished in size until all that remained after four

weeks' treatment was a black scab of bony hardness. There has been no return of the tumor, or similar affection in any part of the body. The same treatment was tried in other varieties of malignant tumors, with some successes and some failures. Then double sulphide was invented with the idea of eliminating all uncongenial elements from the treatment, and presenting a drug that could be tolerated in sufficient quantity to certainly control all manner of invasion. The success has been remarkable. Cases pronounced "incurable" readily yielded, the pain was gone in one day, the mental condition changed from that of the doomed to that of the bird set free, and complete recovery took place in from four weeks to four months. There has been no return of the disease in any form in any case known to us.

Here is what a doctor wrote us after about four weeks' treatment: "In regard to my cancer case I must say the cancer is healing nicely and rapidly, under directions, and the paralysis is improving also. The patient can rock herself with the paralyzed limb, and the entire left side is warm and perspires some. And, doctor, I do not know anything better than you have advised—don't want to know anything better."

Though the doctor wants nothing better, we propose to shove it on to him. We propose in this volume to give him *the natural method*—the mill itself where such treatments are ground to order. With this method the doctor can set down the requirements of any case, and in a moment more formulate a congenial treatment that meets every single requirement, and success is as sure as he was true to nature. The value of the natural method is beyond all computation. It will grow better the longer used, and the more people using it. It tends to strengthen the mind and sharpen every faculty. There is not a single soul born into this world with the least spark of intellect but needs the true method of directing that spark, and the smaller the spark the more necessity of method. The size of the spark makes no more difference than the size of a pumpkin seed; the longest pumpkins grow from the smallest seed, but the fertilization and cultivation are the important matters.

You may take an intellectual lad and put him in the schools

and teach him all the theoretical learning in the world, and in a few years he will be behind the times, and be ashamed of it. Then you may take out of the school the dullest boy in any school, and give him the natural method, and say to him, "root, little pig, or die," and in a few years that boy will have a record ahead of his time, and be proud of it. We believe in education and in good schools, but as the schools are constituted today*they are no better than a place of torture—a hell on earth. And some day the natural method will, like the stone cut from the mountain without hands, destroy the false foundations from under them.

But we look for no great phenomenon; we only desire that all people shall embrace the truth for truth's sake, and strive together to make the world happy, and most especially the dear children, whose habits and characters are moulding for weal or woe. If we would tear down a school it would be to save a child, and who would not? But they do not, and it is because they do not understand the natural method. The method discloses the rotten foundation of the whole fabric, the vanity of the motives concerned and an evil day ahead when the fruits shall mature. The application of the natural method to the matter of education and to the affairs of state will avoid the least political jar and make a more wondrous stride toward perfection than the application has, or can make in diagnosis and therapeutics. Theory is the mother of confusion, revolution and destruction. Truth is the author of order and fraternal kindness.

We have succeeded better with one-grain doses of double sulphide than with two-grain doses. The idea is to give the remedy as fast as it can be appropriated by the digestion and no faster. It is like giving Epsom salts; small doses (5 to 10 grains) will be absorbed and large doses will be rejected, producing catharsis. The treatment of cancer is from $\frac{1}{2}$ grain to $1\frac{1}{4}$ grains double sulphide every hour for 8 or 10 hours, then a dose 4 to 6 times daily, with such variations as the case demands. Also the constant application of strong Epsom water to the tumor or as near to it as possible. In cases of ulcerating tumors, when the application causes pain, apply it all around the tumor to a space six inches or more wide, and apply to the tumor a weaker solution

so as not to cause pain. Guard the diet, eat no tomatoes or sorghum molasses, but fruits and vegetables and buttermilk and milks in general should constitute the diet. Reject meats, eggs, pastry, etc.

The above treatment cures cancer without regard to diet, but more satisfactory results will be gained if the diet and habits of the patient be controlled. The daily Epsom sponge bath (1 to 16) is a good measure, and all sick people should enjoy its luxury.

In fibroid tumors the diet is of great importance, and should be rigidly observed. Cut down both the quantity and quality, and use the same treatment as for malignancy. The benign tumor is more difficult to cure than the malignant, yet it can be done without a failure that we know of. Induce an artificial state of starvation in the organism for a while, and use the above treatment and the tumor steals away as silently as it came.

Fibroid tumors and the hump on a camel's back are made of the same stuff. They are storages.

WAYS OF THINKING.

The natural machinery of life and living must be running about right, otherwise it could not have run this long a time and be still running. The original plan and its execution was and is the greatest feat of engineering the world has ever seen; so great, indeed, that the mind of man finds its limit before the plan is half explored, and the means of execution are but little understood. The purpose alone is not fully known, except as a matter of faith and belief, supported by reason and analogy, and confirmed by Divine Revelation.

The child thinks that mama is at the top and bottom of everything; the little girls talk together of the eternal music and think that life is a preparation for it (tightening the keys, snapping the strings and patting the feet.) The mean little rock-throwing boys think that the object is to get them all into fire and brimstone. The grown up people think as they read, and the

writers charge in all directions, like a worthless cur chained to a stake. A good dog quietly lays down by his master's door and makes no noise until something goes wrong, then he gets up and immediately scents the ground around the place and tries to trace something. He is after the real truth, and if an intruder is there he will find it out, but if all is right he returns to his place. Some dogs will not trace anything, but bark, bark all night long; such are a nuisance in the neighborhood and are of no use except as a contrast between good and bad. If a good dog knows enough to trace a thing up and determine its truth before he makes a fuss about it, and a worthless dog makes the fuss regardless of the truth, the motive of the two is not the same. But our authors make the fuss without the tracings necessary to determine truth, and our people are as they read. Show us the literature that will predominate in the century, or at any period, and we will be able to predict the history of that time. That "Truth will prevail" is altogether owing to circumstances.

There is a very simple way to determine truth; a good dog knows how to settle questions within his province; he simply uses his own natural senses. Man's province is almost boundless, and his reasoning powers commensurate therewith. His powers of communication are almost perfect, his store of data embraces the world and a great part of the passed, he is the only creature with a record. He could, if he would, determine every step he takes in the truth. We can prove it by Solomon that this method of ours is not new, and yet it is equally certain, as proved by "Tom Dick and Harry," that nobody uses it, and the doings of the doers prove that the natural way is the only way in which nature may be handled. It is perfectly natural to despise a false assertion. The world is full of them, and if it contained ten times as many it would be as easy for us to turn round, turn our backs to them all, as if there was only one. If everything in the world was truth, not a single theory or any manner of deception in it, still it would be necessary to make tracings and to use the natural method every day of our lives, in order to keep true. Science that is not founded on the natural method is like stock in a bogus firm or like the dog that barks at the moon till it goes down.

Scientific men may think that it is impossible to trace everything and be sure of their footing, that they are obliged to accept great truths on the faith of those who assert them, that if they prove three things an author has affirmed, then they are safe in believing thirty things he may affirm without any proof whatever. Such science as this belongs to heathenism, and is heathenism. But the real condition today is worse than that, for we find men everywhere willing to believe other men's assertions without proving anything whatever. They do not blush to own their belief in a *theory*, a thing acknowledged to be incapable of proof. We demur not only to the theory, but to that acknowledgment, for taken in a negative sense, there is no theory but admits of being disproved by fair natural tracings, and the reasoner does not have to go very deep to do it.

It takes only a few moments to make a natural tracing concerning any tangible thing, and every step in the reasoning satisfies the thinker. It is so different from worrying the mind day after day and searching the world over for data to support an idea that was false to begin with, an idea that could not be true if everything on earth supported it. It requires only a few moments to make a natural tracing and certainly determine the truth or falsity of anything, and as the habit of tracing is cultivated by a scientific man, he makes these mental tracings with wonderful ease and rapidity, so much so that it puzzles him most to tell how it is done, and to set down separately each step in the operation.

Nearly every man, woman and child in the world uses the natural method every day about some things, all unconscious of the using. They are not aware that it is the foundation of all science, and the most scientific thing in the world, and more than a match for all the sophistry ever fabricated in evil minds. So when the web of theory is wound around them they think it wrong to make the least effort to break the imaginary cords and be free. They simply esteem a rotten botch of a theory as more scientific than the natural method, the *most* scientific thing in the world. They simply dethrone nature and put an imaginary

thing in her place, without the least reason for doing so. We do not need to cross the waters to find the heathen.

It is easy to shut our eyes to the truth and esteem ourselves better than others. But we should know that when we elevate a false thing to guide us no individual in any land or age has ever done worse. When we reject the natural means of knowing the truth, we reject truth, and rejecting truth we reject the true God. We are all heathen to a greater extent than we are aware of.

But the future is very hopeful. The great awakening to the real facts is the first step and assurance of something good ahead. One man will love truth and adopt the true method and will have wonderful success that will force his neighbor to do the same, and the whole scientific world will be embraced in an endless chain and all obliged to move together.

The natural method has been applied to agriculture and commerce for time unknown, and only theory stands in the way of its general application to all arts and sciences. The medical science is the most difficult of all, and we have shown in *The New Field* how easy it is and the great benefits to be derived from its application thereto, and how much the method simplifies every problem possible to arise, and that success is the crowning of the work, and yet men fail to grasp the *method*, the principles that underlie all things, and content themselves with the details of some particular case that was only given for an example. They laud Epsom salt to the skies, the thing used to pick the locks into *theory's* den, and forget the *method* of doing it. The method is the only important thing about it. If you learn the method you can throw the book away and be a law unto yourself. You think it difficult, but try it and you will find it the greatest pleasure in the world; you will find the way so smooth and easy that you will wonder how it was that you stumbled along thus far among the scientific boulders thrown broadcast in the wilderness by *theory's* explosions.

You think it will take a long time to make a tracing and determine the truth about a disputed *question*. It takes about sixty seconds to demonstrate it on paper, so that all men can see the

exact truth, and it takes only the one-sixth part of that time to make the mental tracing and determine the truth for yourself. They will call it "intuition"—another humbug. There is no such a thing as intuition, for analyze the mental operation and you find the very essence of the natural method itself. It is *method*, honest, prompt and unerring on the wings of thought. Memory, co-ordination, contrivance, policy and perjury, the slow carts of the mind, are left behind, and the truth, the mark, is centered with electric speed and certainty.

Now you want to see how that can be. Well, you want to carry a mental picture of the human anatomy ever in mind. You certainly do this, but generally in dissections. You want a picture of all these sections together and under the vital force, living, moving and animated. There are the organs of the power that built the body, and closely connected the nerves of volition and organs of thought. The great community of living cells predominated by the vital force, and each one enabled to draw its hourly bread from the fluids around it. The circulation with its central fountain and pulsing vessels and millions of muscles, whose contractions follow each other with more precision than ever little girls observed in jumping the rope. The lymphatic system that carries the serum slowly, like the percolation of water in the soil. The great laboratory with its complete equipment pouring into the blood a ceaseless supply. The millions of glands that ever filter the blood and know the chemistry of life without studying it. The organs of the various functions. The bones, the muscles, the connective tissues with more purposes than to connect, and the skin that covers all, with more purpose than covering.

Now suppose this human system becomes sick and you are called; you place your fingers on the pulse; suppose it is weak; you know in a moment that the nerve power that governs it is weak, below the normal; then you read to the patient the consequences of a low nerve power, the effect on the living picture you have in mind. But suppose the pulse is a little above normal, and the skin shows signs of retention, you know in a moment that the elements of waste are confined in the body, and that

these irritate the nerves and cause the increase in the force of the pulsations. Then you can read forward the consequences of toxic blood, nerve irritation, nerve tension and the story of decomposition and toxic recomposition that is surely in process. But suppose the pulse is considerably above normal, suppose it fits the type of typhoid fever or measles, you know in a moment that foreign toxins are affecting the nerves, and that this is an invasion. Then you can read forward the effects of an invasion.

If all these readings are made to conform to the exact truth, the patient will be surprised at your scientific skill, and you will be surprised yourself to reflect that in less than half a minute after you put your fingers on the pulse your diagnosis was made, and proved, and confirmed to such a degree that no reasonable jury, that understands how you made it, could have the least doubt of its truth. The time occupied would cut no figure.

We mentioned above the settlement of a *disputed* question. That a question is disputed makes no more difference to the natural method than an argument about the power of a buzz-saw makes to the saw.

All the world believes that consumption is an invasion. In a moment after you put your fingers on the pulse you know it is not. If every man in the world should swear that it is, it would not change the patient's pulse and your finding in the truth and treatment founded on your idea cures the disease. The time you occupied in making your diagnosis is of no consideration. When a man loves the truth he can tell it quickly as well as to be a long time about it, and he will tell it no matter who disputes it. One man armed with the truth is worth more than a million men armed with theory.

It requires only about sixty seconds to demonstrate the truth about consumption, so that other men can understand it.

Fact 1. The pulse is low and nerve power weak.

Fact 2. Decomposition of nutriment and waste is taking place in the blood, and the elements confined in the blood are reforming in toxic shapes, and are thrown on the glands for elimination.

The relation that exists between fact 1 and 2 is that of cause and effect, and the disease is fully accounted for. To raise the nerve power and antidote and eliminate the toxins cures the disease and proves the work. There are a great many facts concerning consumption, and in studying a condition we ignore no fact whatever; then, when we have determined the truth, we can use the facts necessary to vindicate it. Once in a great while you find a pulse with the weakness of enervation and the excitement of active invasion, and you read it just as it is, enervation with invasion.

The way we think makes a great difference to us and our fellow man. If without method, we learn to read and write and gab as others do; we will be a fair sample of the "common herd." If they are worth anything, so are we, but let the speaker try to express it, there would be a pause. But with half the time and half the study rightly harnessed to a natural method, and a worthy object in view, the floodgates of gab will be closed and solid scientific truth will be gathered in like they rake cranberries off the bushes.

WASTE OF FOODS.

Under scientific management this planet is capable of supporting fifty times its present population better than it supports the people today. Here comes a train load of grain; four cars go to the distiller and ten go to the mills. The distiller makes poison of what he gets, and offers no excuse. The millers rob the balance of its cell salts and pass it on to the cooks, who love to be praised, and to see people eat heartily. It is mainly starch and albumen forming elements, and in order to get enough cell salts more than the system requires must be ingested. The cells take what they require and the remainder decomposes in the blood. The glands are so constructed that nourishment is not excreted by them until decomposition takes place, in part or in toto, so the food elements in excess decompose in the blood and the elements

set free combine chemically, forming various compounds according to the elements and equivalents present.

When foods decompose carbon is the principal thing set free. Carbon is the base of every toxin, the base of alcohol, of uric acid and every known toxin that forms in the blood, many of which are more toxic than alcohol. Alcohol forms in the blood the same as in the distiller's "mash." Temperance people allow it to form in their own veins and indulge in viands to make it form, and they are temperance people only in name. Chloroform and various ethers often result from food decompositions in such quantities that you can smell them in the perspiration.

Carbon is positive and oxygen is negative, always and energetically so; they quickly combine, forming carbon monoxide, or dioxide, each a deadly poison. If nitrogen is also liberated by the decomposition it forms with the carbon and oxygen, in the presence of water, uric acid and the various toxins of that group, which have the same chemical shape of an alkaloid, and which are toxic in proportion to the amount of carbon contained.

Natural tracings, in actual experience, show that toxins do form in the blood more poison than anything ever discovered in the blood. A woman got mad about something and her milk killed her child quicker than the venom of a serpent would kill it. In a rage a man dropped dead; prussic acid would kill no quicker. A man quarreled about the election, and forthwith a mental derangement and exceedingly high fever affected him, from which he died that night.

Effects are not produced without an adequate cause. There is no toxin yet discovered in the blood capable of producing these effects. When a man dies from uremic poisoning, the formation of uric acid is known to cease some half hour before death, and clinicians know that death is at the door when uric acid ceases to form, because something, they know not what, ten times more toxic is forming in its place. There are many thousands of distinct toxic combinations of carbon, oxygen and other elements possible in the blood, and the few that have been discovered are not to be considered as limiting natural tracings from effects in sight back to an adequate cause. In the presence of great quantities of

carbon set free in the blood, and a scarcity of oxygen caused by muscular exertion, and by "holding the breath" as in sharp contest, it is quite possible for toxins to form in the blood equal to aconitin in toxicity, 1-10 of a grain of which is sufficient to cause immediate death. Alkaloids form in plants in proportion to the opportunity for forming and the free elements; they form in meats and dead bodies, in canned meats, etc., wherever carbon, etc., are set free to form them of, the positive and negative are drawn together with unerring certainty and a toxin is the product.

Fully one-half the entire apparatus of the human body is for the excretion of poisons, and Creative Intellect was fully aware of the necessity. Now, when we smother the skin, shut out the fresh air, constipate the bowels, retain the urine until it is partly reabsorbed, pile into the stomach great loads of food the richest in carbon and nitrogen the world affords, without regard to the necessities of the cells, and in defiance of the results, it is all too plain which side we are on, the Power that creates or the power that destroys. A drunkard does as bad as he can, but no worse than we. The scoffer in the face of Eternal kindness is only doing the same in his way, and we are doing it in our way.

We must be temperate or take the consequences. One drunkard makes a whole family miserable, and one glutton does the very same. The various members of the family are born with equal rights, yet the rights of all must be sacrificed to him, the same as the drunkard. It is a poison in the drunkard's blood that crazes him, and it is a poison in the glutton's blood that makes him ill. The people eat too much, as a rule. The stomach and all the organs of nutrition are exactly the right size. If a man is climbing mountains, clearing new ground, mowing or other manual labor, he finds he needs the richest foods in moderate quantity, enough to fill his stomach comfortably full of it and water, or other fluids which a natural appetite calls for. But if that same man is doing little or nothing, and will notice his own appetite carefully, he will find that it calls for a different class of food, fruits and vegetables, all low in nutritive value; he can eat what his appetite calls for and drink what he wants until his stomach is comfortably full, and never hurt himself, or overload his blood

in the least. The great variety of edibles is to suit a great variety of natural appetites made so to vary by a great variety of circumstances. There is nothing else in the world more scientific nor more admirable in execution than nature's provisions to gratify the natural appetite, the first link in a chain of purposes that extends beyond our limits.

The natural appetite becomes diseased by transgression. The mother is prone to allow her children to eat too much of some dish particularly good and rich. She does not understand the difference between a stomach full of something rich and the same of other things low in nutrition, and so she allows them to overload the blood, then the excess, over what the cells can take, decomposes and the elements set free are drawn together in new combinations, which are always more or less toxic, because carbon is in all foods, if not the very base of food material. These toxins, so formed in the blood, irritate the nerves, causing the contractions in the muscles, which cause colic, fever, pain and even convulsions and death. Some toxin may land in a little ductless gland and a boil result, and even great carbuncles may form in the larger glands in the same way. Also congestions and abscesses may form in any organ or part of the body.

The toxins may take the form of uric acid and urates and become stranded in the dense tissues of the joints and arteries and make the sufferer sincere in the desire to take his own life. But of all the hundreds of evil consequences there is one that is little thought of so annoying, that it alone is amply sufficient, if rightly estimated, to induce all to make no mistakes in a dietary way; that is the blood toxins vitiate the secretions, the secretions are no less poison than the blood from which they are drawn and nothing tastes good any more. The stomach secretions are bad, the liver secretions are worse and all secretions become an addition of toxicity throughout the entire extent of the canal.

In hemorrhoids, and in all diseases of the rectum and colon, there seems to be an apathetic circulation, mainly a push and engorgement of stale blood, not the bright red circulation of vessels with active muscles and live nerves. The nerves are

numb with compression and poison and the muscles are inactive, and the consequences could all be foretold from the diet.

If the alimentary canal was twelve inches longer there would be so many diseases from the increased toxicity of the bowel secretions that all the diseases we now know of would be forgotten, as of small consequence. The Creator knew all about this, and made the intestine of flesh eaters very short, and that of the grass eaters very long, and that of man of medium length as particularly suited to his requirements, for long hours and great endurance, as is necessary in agricultural employment. Or changing to a lower class of foods, fruits, vegetables and milks, he may satisfy his appetite fully on the dainties of the world and enjoy himself as a gentleman of leisure. But it is plain, if the canal was one foot longer, man must eat grass like a sheep, and have about the same amount of endurance, and be incapable of taking rich food and performing the exertions he is abundantly able to do, and the world would be only a song of "Lazy sheep, pray tell me why." Man would be too lazy to take precaution for his own safety and great horns would have been provided for him that would not look good in meeting.

The nerves of the skin are an index of how to dress, and so the nerves of the stomach express by means of the natural appetite what to eat. The unnatural, artificial and deranged appetite is itself a disease, a symptom of toxicity, and ought to be rigidly governed, and if there is not enough individual force to so govern it, a sufficient amount should be loaned to make the work a sure success.

Meat and strong diet calls for strong drink, and that calls for blood. If one man has a right to be intoxicated, then all men, women and children have the same right, and no one could doubt the truth in hell. If all people have no right to be intoxicated, then much less has anyone a right to intoxicate himself alone and put all the rest in fear. There is no natural right to be intoxicated or to do any other wrong. And of all the various intoxications, that from rich diet is the least excusable and most sinful.

There is a great abundance grown in the world, but the management of it is at fault.

Tinctures and alcoholic extracts are a nuisance. The doctor has no more right to use them than he has to poison the people. The distiller has no natural right to ferment the cereals that grow on this earth, neither has the miller a right to change the proportions of nutriments in the bread of the people. Natural right is the only *right*. There is no such thing as a "*legal right*." Law is to regulate human conduct, and when it shall suppress natural right it becomes a legal wrong. That the fruits of the harvest shall be worse than wasted, as men usurp the power to do, is a legal wrong that cries to Heaven for redress, and not in vain.

There are many chronic diseases that result from overloading the blood. We used to hear of overloading the stomach, and we never placed too much importance on it, but the effects of overloading the blood are much more serious and less thought of. Gout and sclerosis are as far as human endurance allows these conditions to go. Take these extreme conditions and select the diet from the list of edibles low in nutrition, prohibit the articles in the high class and sufficiently restrict the medium, such as bread, beans, potatoes, etc. Then, if the pulse is low, give a tonic, and a congenial stimulant, if required. Stimulate the skin with frequent Epsom bath and applications, and the improvement will date from that very hour. This alone will cure the condition.

But suppose we want to do our duty and hasten the cure and do the best that can be done; we may restrict the *quantity* of the diet as well as the quality, create in the system an artificial state of starvation, then the nerve power will draw on the deposits vigorously and soon they will be used up. The nerve power draws first on deposits, then on adipose, then on the teeth and nerves and lastly on the bones and muscles. But there is no distinct line to define when it begins to draw on the next in rotation, and before the deposits are gone the fat is surely being drawn on, and also the nerves to some small extent. So reason must be consulted at all times. It is best to gradually increase the diet before the deposits are entirely gone.

In this matter of voluntary starvation, in case of gout and

muscular rheumatism, where the cause is uric acid, it is best to allow small amounts of lean meats and beans, and prohibit bread and potatoes, for the nitrogen contained in meats, etc., acts in the blood as a synthetic to cause the formation of urea, having more nitrogen than uric acid.

Care enough to make natural tracings will cure gout and sclerosis and the whole category of chronic diseases.

In these days of money autocrats and mercantile perfection it is possible for one man to control the cereals of the world. Suppose he should choose to distil it all; it would be a natural wrong too flagrant for anyone to dare, and lawyers would say there is no law for it, because it violates the foundation principles of the social compact and tacit faith in the division of labor. But there is law for it, and not one man, but all men, are into it. The thousands of distillers destroy grain until the scarcity forces it to a certain price, and our thousands of millers turn out a product worth for nutrition less than half the value of the grain received. And the cooks do as they do; if they had no understanding they could do no worse, and the world is robbed of its daily bread, and such as it gets is unbalanced and disease-producing and not fit to eat. The wrong is as great as if only one man did it, and violates the social compact to the same degree.

We may divide all edibles into three classes—high, medium and low in nutriment contained.

1st. *High.* Meats, eggs, butter, cheese, puddings, pastry, dumplings, etc.

2d. *Medium.* Bread, beans, potatoes, etc.

3rd. *Low.* Fruits, vegetables, salads, milk, etc.

In many chronic diseases the condition is a phase of toxemia, and it becomes very necessary to cut off the source of the toxins in the diet. This can be done in a very pleasing manner. It is a fact that the patient has overruled his natural appetite and has and is stuffing himself on what he does not want, or rather have something else, or it may be he secretly loathes his food and longs for what he should have. Simply name over to him salad, cabbage, slaw, kraut, pickles, raw onions, melons, squashes, peaches

apples, pears, quinces, prunes, plums, currants, berries (dried, fresh or canned), string beans, peas, radishes, beets, turnips, carrots, etc., etc., and see how he will smile. Put him on butter-milk, vegetables and fruits, to be taken in moderation, and punctually, according to the demands of the appetite. The appetite may call for only one thing in the whole list; obey it perfectly, but only to a reasonable extent, allow only a reasonable quantity.

Teaspoonful doses of laxative syrup (Epsom Salt and sugar equal quantities. Boiling water enough to hold them in solution) neutralize toxins in the alimentary canal and also in the blood. It also has a tendency to make the canal about six inches shorter. No one ever proved this by measuring it, but the true facts and symptoms set down on a sheet of paper demonstrate its truth, strange as it may seem. No one doubts that in a languid, stupid, atonic condition the alimentary canal dilates in size and length several inches. Well, the treatment restores it to the normal, and a feeling of natural tension, sufficiency and comfort reigns over all.

The fire box tubes and heating surface in a boiler are calculated to give the full limit of power required to be developed in the engine. Often much less power is desirable when light work is to be done. This is accomplished not by shutting off part of the flues, etc., but by reducing the fire, using only the necessary amount of fuel to produce the required power. If the fuel was used in excess of the requirement, the machine would have a fever and "blow off." And so it is with the human engine; it is put up exactly right, and only needs a fair amount of natural gumption to keep it in order, and feed the vital fires in proportion to the work to be done. A man doing heavy work needs rich diet, meats, etc., while the same man doing no work further than living and walking, sitting, etc., needs a low diet, though the quantity may be as great—a stomach full—it should be chosen mainly from the fruits and vegetables, the low class.

The blood, in health, is always toxic. If it were not already known to be so, natural tracings would show that both the venous and arterial blood are decidedly toxic, for the skin evolves a vast amount of toxins from the arterial blood, and the lungs much

more from the venous blood; a diminution of either is sufficient to induce symptoms of intoxication and even death.

The symptoms of intoxication are very numerous. We may be sure that those who eat more than in due proportion to the work they do are, in some degree, intoxicated. Also those who have a nerve power too low to enable the cells to take what they eat, reference being had to the amount of nutriment in the food taken. Every one in health may eat his stomach full of such things as the appetite demands, and this will be found to contain the amount of nutriment required, but in disease the appetite is deranged and the blood and all the secretions from it are toxic, and it becomes necessary to invoke the skill and learning of the physician.

His skill enables him to recognize the condition from the pulse alone; this he is able to confirm from the appearance of the sclera of the eye and tongue and skin and ears. His learning dictates that Epsom salt will neutralize and antidote toxins, and that a low nerve power requires to be raised. The next moment the patient is taking a teaspoonful of laxative syrup and praising its hoarhound taste, then he is bathed with warm Epsom water and given the proper tonic, and receives a hot application of Epsom water or carbolized Epsom water (Epsom salt 1 oz., carbolic acid 10 to 15 drops, hot water 16 oz.) to any painful parts. Then the doctor names over all the nice edibles in the low list, and gets the patient enthused over it, and failure is impossible. No matter if it was an "incurable kidney affection," or muscular rheumatism, or dropsy, or what not, the *skill* of the man, a *thing* he cannot buy, sell or impart, will be successful, and *natural method* will sustain him.

CHRONIC TRAUMAS.

No matter how a trauma is effected, when it is produced and actually exists, it is no less a trauma than if produced by a blow, a fall or gunshot. There is a great class of traumas self-inflicted, and as the cause which produces them is generally overlooked and

is allowed to remain with a continuous influence, the diseases produced in this way refuse to yield to any artificial manner of treatment and become chronic.

Constipation, dyspepsia, hemorrhoids, renal disease, liver troubles, etc., in some of their varieties are simple traumas depending on faulty habits and self-imposed unnatural conditions. You see a literary man bending down to his book hour after hour trying to learn something he wants to know from the writings of those who did not know it. He thinks all the time it is just ahead, and forgets the physiological necessities of his own body. He has not learned that by a natural method he can learn what he wants to know from natural tracings in a few minutes without the tantalizing torture he now endures. The young lady anxious to see how the novel ends, unwilling to straighten up for a minute. The seamstresses on an endless task, and millions in every occupation, of all classes, are every day carelessly torturing their own bodies. It is not the votaries of fashion only that choke the hopes of the future, but all men and women are equally guilty.

If a man steps on my toes he knows it hurts, and at once he pours out the most profuse apologies, and speaks of it every day for a week, and never forgets it while he lives, but I can crush down with half my weight on nerve centers and their delicate connections within my own body for many hours and do myself a thousand times more injury, without the least excuse, and no one ever hints that the rules that ought to govern the conduct of a gentleman have been violated in any respect. I am preparing to make a dyspeptic of myself, and become a grievous burden to all around me, and I have no more natural right to do so than I have to gamble away the support of my family and bring on them an equal amount of misery in that way. I have no more right to make those around me wretched and unhappy by a fashionable transgression of nature's laws than I have to be a drunkard or a suicide.

Society is a great machine, and no wheel has a right to refuse to turn in its own true place, yet every one seems willing to accord to others natural rights they do not possess—the right to ruin their health and shorten their days, and play off on the sick list

and shirk all their natural duties. Every burden represents a weight that some one must bear, and as they can be avoided so much easier than endured, it becomes of prime importance to trace them up and understand them.

All disease that we know of comes from five sources—*retention, invasion, enervation, poison, trauma*. Trauma is the one under consideration. It seems to present to the mind the idea of violence from outside, and independent force, and that idea is correct that far, but it applies to only a small portion of the traumas. It costs only a few hours of overwhelming sorrow, a few sad recollections and \$50.00 to the undertaker to bury a child that broke his neck, but if that child had lived to persist in crushing his solar plexus and all the spinal centers in his body, there would be such troubles as experience alone can depict. Suicide may drop the curtain on it all. After a person has suffered all manner of tortures for years he is a fool to suicide, for just a little more persistence will bring him to his grave in honor and avoid all the scandal. But in a scientific sense all manner of suicide is disgraceful, and the slow modes are the more so the more and the longer they affect second parties.

The idea that serious compression on the sympathetic centers is almost a universal fault in grown people gains ground the more carefully we study the anatomy of the trunk. All will understand that filling the stomach too full is a general human failing, favored by the modern perfection in the culinary art and the "American" plan of setting unlimited quantities of great variety before the hungry and false generosity in persuading all to partake freely of every dish on a loaded table.

The stomach is never empty and generally is stretched. The principal nerve centers lay behind and below the stomach, below them is "the pelvic floor," behind them is the spinal column. In a natural position, in front of them and on each side are the yielding walls of the abdomen. But look at the folks in the various unnatural positions they assume; there is nothing *yielding* about it. The whole weight of the upper half of the body is applied like the power to a lever with mechanical advantage of 10. If the upper part of the body weighs 80 pounds, then there is brought

to bear on the abdominal viscera and nervous structures a weight of 800 pounds at times. But suppose there is no leverage exerted on these structures, the simple weight of the body concentrated by bending forward on them is an adequate cause for numbness from compression and loss of function.

The osteopath and neurologist recognize all this, and proceed to cure such diseases by correcting the real deviation on which they depend, and are successful. All these men lack is the natural method, which will enable them to trace all manner of disease to a disease producer, and to demonstrate it and its requirements beyond a reasonable doubt. The natural method is all we need; there is no benefit to be derived from a particular description of the various ailments that spring from this source. The natural method compels each one to do his own thinking, and success lays at his door.

AUTO-TOXEMIA.

Fact 1. Constipation is the condition that favors it.

Fact 2. A nitrogenous diet favors it, the more the worse.

Fact 3. Decomposition of foods is necessary to it.

Fact 4. The excrement of birds and serpents, which live on animal food and take it in great amounts and retain it in the bowels several days, is in great part composed of various toxins, urates and uric acid.

Fact 5. A purgative is often of immediate benefit in toxic conditions.

Fact 6. When carbon and oxygen are liberated together, or in confinement, they combine, because one is positive and the other negative. Nitrogen and hydrogen also combine with them in various harmonious proportions.

Fact 7. In constipation the amount of toxic compounds in the glandular secretions is increased.

The relation that exists between 1, 3, 4, 6 and 7 is that the retention of foods in confinement until decomposition takes place

liberates the elements that form toxins, and that these form by magnetic attraction the same that they do form from the same elements confined outside the body.

The prominent relation that exists between 1, 2 and 6 is that nitrogen acts as a synthetic in combination. This is also confirmed by experience, for we often see the symptoms of those suffering with uric acid poisoning greatly benefited by a nitrogenous diet—lean meat—the nitrogen induces the formation of the harmless urea instead of the toxic uric acid.

The relation that exists between 1, 6 and 7 is expressed by the word *glycosuria*, the toxic symptoms of which arise mainly from other toxic compounds, glucosine, etc. All these relations are confirmed by fact 5.

If we add another fact we shall have another set of relations which will explain why purgatives will not cure chronic toxemia, viz: Fact 8. When the alimentary canal is rendered more than normally active, and no opportunity given for decomposition in the bowels, the condition is generally improved, but not cured, and the improvement is found to be only temporary.

The relation between fact 3 and fact 8 is that decomposition of nutriment and waste takes place in the blood as well as in the bowels. And this is confirmed by observation, for the breath and glandular secretions are still loaded with toxins.

The relation between 3, 5 and 8 is that decomposition does occur in the bowels, as well as in the blood, and that so much as does occur in the bowels is removed by the purgative, and hence the improvement.

O yes, it is very interesting, and will become more so the more we study it, but if we simply add in one more fact that everybody knows is a fact, we shall have spread out before us the grandest field of research that ever invited the peering eyes of the student.

Fact 9. In chronic toxemia the nerve power is always low. The enabling power that controls secondary assimilation is deficient, hence the plethora and decomposition of excess of nutriment, as well as of waste in the blood.

Why not raise the nerve power and enable the cells to take

the nutriment, and why not arrange the diet so that no excess shall find its way into the circulation? It requires this treatment to cure this type of disease, and before we considered fact 9 there was no clue to a successful treatment. Success is the object, and when we do not get it we may be sure there is another fact. But we had no clue to this latter fact (No. 9) until we traced the circulation of the blood and determined the philosophy of nutrition. But what takes place at the cells after the explosion of the nutrient molecules, and how the cells absorb it is beyond our limits and we have no desire to intrude, unless we find the natural means extended unto us.

The philosophy of nutrition shows how exercise and exposure to cold rouse the nerve power to greater exertion and so benefit the enervated. It shows too that this exercise and exposure must not be of an exhausting character, for the object is to stimulate and strengthen the nerve power. I have read in late journals that the open air treatment of low conditions is a failure and a fraud. No, but some men who do not understand it make failure with it, just like they failed with a shotgun the first time they tried it. The open air treatment is a failure as a *treatment*, but as a helpful measure in treatment it is grand. It is perfectly crazy to put a sick person out doors, but to open the door for one to five minutes now and then, from 50 to 100 times per day. is good practice if the patient gains by it more than he was able to gain without it. A doctor that understands the philosophy of nutrition will know how far to push this kind of stimulation. If he stuffs the patient he will undo all the good his treatment has done.

MANIA.

No one knows what mind is, and it is unreasonable to suppose that we can certainly define derangement of the mind. But there are a great many facts concerning the various derangements, and when facts present themselves it is our duty to trace them and reason upon them and try to discover the relations that exist

between them, and thereby enable ourselves to govern the conditions in a satisfactory manner.

1. Accidents that cause compression of the brain produce derangement. Often only periodic derangement.

2. Drugs that cause an increased flow of the blood to the head unbalance the mind, and interfere with mental control over the muscles.

3. A lack of blood in the brain induces fainting and unconsciousness.

4. Derangement is often preceded by plethora and an insatiable appetite.

5. Retention is present in many cases. The skin is not normal and active.

6. It is said that potash is deficient in the blood of the maniac, and we believe it, for, though the food may not be deficient in it, yet the emotions and vital operations would use it up and a normal amount would not be a sufficient supply under the circumstances. Also we notice that small doses of potash, often repeated, generally produce a benefit.

7. In epidemics of cholera insane persons suffering with it regain their mental control when the body becomes emaciated and drained of a considerable part of its fluids.

Here are seven facts concerning mania. They are capable of supporting forty-two relations between them, which relations are facts as certainly as the seven named above. If we succeed in establishing two or three relations between these facts it may be sufficient to give us control of the condition, and in time this may lead the way for other investigators to establish other relative facts, so that the condition may become practically understood.

Suppose some old woman comes in and says "I gave my old man red pepper tea when he came home crazy one night, and it cured him." Or suppose a doctor comes in, with a theory, and tells all about it, and backs it all up with quotations and statistics, and shall completely forestall the search for these

hidden relations, which alone may establish truth, which of the two would be the biggest fool?

The way to get at it is to scan the facts closely and see that they are facts, then try to discover what they mean with regard to each other, and if no clue can be had, then look for other facts and try again. If we are unable to master the problem there is no harm done, and we are no worse off.

1. We discover by a consideration of facts 1 and 2 that anything that produces congestion of the brain may cause mania; they are so closely related that they mean the same thing. Nothing can be too plain to be considered, so put it down as relation 1.

2. The relation between 1 and 4 shows that this congestion may be from overloading the blood.

3. The relation between 1 and 5 shows that a lack of natural elimination may overload the blood and produce congestion of the brain.

4. Between 1 and 6 shows that the nerve stimulation from potash may tend to relieve congestion, and a supply of this particular cell salt may have the effect of equalizing the circulation.

5. Between 1 and 7 the relation is very plain.

6. Between 2 and the above the relations are the same.

7. Between 3 and 7 the relation is very interesting. The normal supply of blood to the brain insures normal brain function, while a lack of the supply produces syncope, or the opposite condition of mania.

The relation between 4 and 5 is very important; the appetite loads the blood, the cells are unable to take such quantities, the overplus is constantly decomposing in the blood in every part of the body, the decomposition products are very offensive and irritating to the nerves, toxic in the greatest degree. Carbon dioxide produces death in a few minutes, and carbon monoxide is about four times more poisonous, and the recombination compounds are but little less toxic. In fact, the system is loaded with toxins, and the condition we are considering is that of intoxication, though known under another name, a continual intoxication

produced by a continual decomposition, continually fed by a morbid appetite.

The condition is necessary to the causes that produce it. There are thousands of toxins, most of which have not been discovered and determined, some of which are very irritating to nervous tissue. As the arteries force the toxic blood into the vessels of the brain with unusual power and effort, their own nerves being irritated, the throbbing of the carotids becomes externally visible, the capillaries contract against the vitiated fluid, and the relation between 1 and 2 takes place—engorgement, congestion, excitement and intoxication, the opposite of 3.

At such a time a moderate degree of retention by the skin, augmented and prolonged by the unavoidable exposure of the restless condition, renders empiric treatment useless, and the condition incomprehensible to such men as think too much of their mental powers to use them, a kind of mental awe is all they feel—exactly the same as when they are placed in fear by threats of a drunken man.

There are all degrees of mania produced by all degrees of causes. How ridiculously simple this tracing seems, and yet what a flood of light it pours into the subject! We have not considered the one-fourth part of the relations that must exist, and yet we have learned enough to make us successful in mastering the condition.

Cut down the diet, the source of the toxins, relax the capillaries with veratrine, stimulate the skin with frequent Epsom sponge bath (1 to 16, given warm), stimulate the mucous glands with small doses of laxative syrup, and enrich the blood with cell salts, having potash a little in excess of the usual proportions given in The New Field. The treatment is the fruit of simplicity, but name it first before tracings are made that indicate it, and all learned men would scorn it. But when the tracings indicate that this is the only treatment worthy of consideration, scorn becomes admiration and success a crown. It is neither success nor the treatment that we admire, but it is the natural method that gives to man, in full measure, what the ages have so long promised,

and what he might have had at any time if he would but stoop and pick it up.

The wealth of this world is as nothing in comparison to what we may learn of nature. If we cease to dictate to her and prize the wisdom she affords she will lift us to scientific heights we dreamed not the existence of, and introduce us to The Author of it all.

There are 35 prime relations yet untraced, then there are secondary relations existing between these prime relations, so that there is no end to the natural grounds on which we may reason, and though it is interesting and often profitable to run a subject out to a great length, yet for the sake of simplicity we generally content ourselves with four or five facts and the main relations that exist between them.

This is the main point in the condition, whenever there is abnormal activity of the brain there is an abnormal amount of blood in the brain, for it takes blood to produce this activity. At a later time, when the storm has exhausted itself, the idea is fatigue of the nervous apparatus, exhaustion and despondency. We may take alcoholic intoxication as a type of every intoxication of the active, excitable kind, and we may take belladonna poisoning as a type of the other varieties, and study all the derangements from these standpoints. In every case of each variety we find that nerve irritation from compounds of carbon, either known to be ingested, as in the case of our types, or formed from decomposition elements in the blood, is the bottom cause of it all.

In disease the greater the waste and the more complete its retention the greater the proneness to mental disorders. Nerve irritation closes the capillaries, or greatly reduces their caliber and a state of congestion ensues in the brain. The nerves of sensation are distributed almost entirely to the meninges and membranes that envelop the convolutions and line the skull and spinal cavities, therefore we learn that when there is acute pain in the head that these membranes are affected in proportion, but this affection does not preclude the idea of compression on the brain substance; both may exist together, and an affection of

either tends to induce a corresponding affection of the other. But when there is no acute pain in the head the idea is that only the brain substance is congested, and that the meninges are not seriously affected.

The greater the waste the greater the decomposition in the blood, and the more complete the retention the greater the toxic recompositions from the carboniferous elements set free in the blood, and the greater the liability of mental symptoms in consequence.

The use of irritating drugs of the same chemical shape as a toxin augments the danger and may precipitate the very condition which we wish to avoid. Strychnine is one of the most useful remedies we have, and yet it is the most dangerous in these mental conditions. It is pre-eminently a nerve irritant, always contracting muscular fiber, the very opposite of what we wish to produce. But simply for the reason that strychnine is dangerous, we should not discard it, but only beware of its true character, and in times of too great a relaxation produced by our remedies we should follow the true indications and give minute doses of strychnine to tide over the danger. Veratrine, bichromate of potash, emetin, lobelin and aconitine are the principal remedies that relax nerve tension, but the most effective thing of all worth more than all other drugs combined, is Epsom salt. In solutions of various strength it may be used internally and externally, all night and all day and every moment for months at a time without the least danger of bad results. Laxative syrup may be given as often as necessary to energize mucous glands and neutralize toxic secretions, and to break up toxic compounds in the blood by its antidotal powers. The warm Epsom sponge bath may be given twice, thrice or even twenty times every day to secure skin activity and relax the nerves. (Epsom salt 1 oz., warm water 16 oz.) There may be a constant application of stronger warm Epsom water (Epsom 4 oz., water 16 oz.) made to the head, neck and entire length of the spine to relieve internal pressure, inflammation and congestion. It is all sufficient to frequently wet the hair and scalp with the Epsom water and cover it with several thicknesses of dry flannel, and make the applica-

tion as above to the neck and spine. Do not hesitate a moment, but go at it and get it on good and warm and strong. Next motion give laxative syrup in teaspoon dose every half hour. Then think about veratrum and bichromate, and all will be well—like putting out a big fire.

The doctor who never made a tracing in his life and never realized the science in nature, comes in and quickly gives huge doses of hyoscine, atropine, etc., to relax the nerves, then on top of that huge doses of morphine to contract and more thoroughly intoxicate the already intoxicated, hears it whispered of him among the ignorant, "That man certainly understands his business." Well, what is his business? The next advice he gives is to send the patient to the asylum, that he will never regain his mind and that the case is hopeless. He is the very opposite of a real doctor. The most ignorant person present can do better. He never thought about disease as being a condition necessary to the cause that produced it. He never studied it out with alcoholic intoxication as a type. Is there anything locally wrong with the intoxicated man's brain? The evidence is that if he was not intoxicated after taking enough to intoxicate some of the mental machinery was out of tune, and that being intoxicated with enough to intoxicate indicates that there is nothing wrong with the mind, and that we must look further on for the deviation. No person ever went crazy without a sufficient cause, but the men that are not crazy, who treat these deviations carelessly, play the fool's part without any cause whatever.

Neurasthenia is a toxic condition that might be defined as the first stage of mania.

Nervousness may be considered as the initial of neurasthenia. Irritableness, crossness, disagreeable disposition, fault-finding, etc., etc., may be considered as kindred conditions arising from the one cause—autointoxication—or the ingestion of more nutriment than the cells can take, or the glands eliminate before it shall decompose, and the elements set free shall reform in toxic shape, and produce their legitimate effects on the nerves.

These conditions are all plainly traced to bad habits, over-eating and a low nerve power, then some accident or a sudden

retention by the skin may precipitate a real toxic storm. "Good cooking" (?), gluttony and toxic conditions are all closely related and interdependent. How innocent the best cooks look. They are just as mean as the man behind the bar who mixes juleps, and the majority of those who escape him are caught by her.

THE MEDICAL SITUATION.

To deceive a scientific man does him no good. It shocks a man's finer senses to think that anyone would labor assiduously to deceive him. What shall be the reward of it? There is but one explanation of it, the men who deceive are themselves deceived. The man who labors has been labored with. It is not that all men are dishonest. The present condition of the scientific field does not necessarily indicate that anyone is dishonest, for a deceiver may teach his deception believing it to be the truth, being himself deceived.

Thus the professor may teach that the symptom of sugar in the urine indicates that sugar should be cut out of the diet, that the appearance of grape sugar, a non-toxic compound, having less than one atom of carbon to one of oxygen, indicates that cane sugar, a different compound entirely, must not be taken as food. He cuts sugar out of the diet, and no good results; then he cuts out all sweets, then the starches and still no good results, unless the *quantity* of nutriment has been by this means decreased. He might as well have cut off meats as sweets, any way to put into the blood the quantity of nutriment the enervated cells can take, and no more, for natural tracings show that it is the decomposition of the excess of nutriment that furnishes the main supply of elements in the blood that reunite to form sugar in the blood, which appears in the urine, in the bile, gastric fluids, saliva and all glandular secretions.

A natural method of tracing shows the exact truth about all these things, and there has never been a normal child born into this world devoid of the natural method of tracing, like an in-

stinct, ever present with him. But soon some deeply learned man, or "smart Alee" considers it a duty to deceive him; he thinks it will not do to let his pupil study out natural truths in a natural way, by natural method. Then the pupil falls into the old ruts, studies hard to understand everything without understanding even the situation he is in, and finally comes forth from error's mill with less of real worth than he had when he entered, and fitted only to deceive others, and keep deception's wheels ever turning, ever crushing us and our people.

Now apply a little natural tracing and locate the trouble, and see what the situation demands. It is very easy to feel a wrong and to resent it in the strongest terms, and to abuse people who are perfectly innocent, and make matters worse continually, and it seems that some of us were born with a frown and a snarl on the countenance, and all along through life make it as uncomfortable for other people as we possibly can. We charge others with negligence, wilful error and even with murder, while natural methods require that we set our eyes on our own duty, do our own thinking like we must do our own work with our own hands, and let others see how well it prospers. Now let us do that, trace out our own situation and locate every trouble and look straight down on the underlying factor in it all.

Bad results in the treatment of the sick is a fact in sight. This is traceable to the doctor, who we know is honest, because his success and reputation depend on how well he does. He is honest in his practice. What he practices is traceable to his teachers, who are alike honest for the same reasons; they always have the good of their students at heart. The professor's teaching is traceable to the diligent authors and artists who portrayed nature as true as light is able to portray it. The honored founder of The College, the benevolent benefactors that endowed it that facilities of untold worth might be extended to deserving people. The good old farmer who thinks he will do all the work at home and let his son have time to study the books. The honest grave robber, who hates to do it and would not if it did not have to be done. The tracing is complete and not a stitch found wrong in

the whole line, and yet the results are wrong, showing that we have missed the true trail. We must look it over.

There is nothing wrong with the farmer or his son. The founders of the school are surely right. The *teaching*, is it right? Are not the seeds of failure everywhere visible in the form of false theory mingled with truth without distinction as to which is which?

This is traceable to an unseen intellect that looks upon this good plan and these honest people, and knows that the results will be good and that truth will be established under such favorable circumstances and good intentions, and desires to spoil it all with an endless suggestion theory, until natural methods are forgotten and truth is drowned in sophistry. (The existence of an evil spirit is disputed, but he shows up, though he fears natural methods like a snake fears a mowing machine.) He sets to work to mix the known with the unknown, truth with falsehood, science with theory, until the one is lost in the other, and theory is science; that is, theory is something not known, and science is what is known, and we do not discern the difference, and write the title on our main book, "The Theory and Practice of Medicine." That is, *What is not known and executed in practice by means of medicine*. He stuffs the authors, professors, students and even the old man who stayed at home so full of theories that truth has no place, so full of what is not known, that what is known is not taught or practiced. Theory is the deceiver's weapon, which we intend to strike with a better weapon in our hands and totally destroy it.

When truth and falsehood are brought face to face the contest will be short and decisive. The wrong will be placed where it originates, and these good people will be vindicated for all future time.

We think that reading a thing is investigating it, while the truth is, it is simply drinking it in without investigation. The New Field said that Epsom salt opens the pores of the skin and energizes the dermal glands to unload the blood. It required the closest investigation to make that simple fact apparent to the writer, and positive proof was a long time wanting. All the

tracings indicated it, but the facts of normal excretion by the pores and another fact that Epsom salt draws the carbon from toxic compounds effectually neutralizing them and relieving pain, irritation, inflammation, etc., stood in the way of definite demonstration. Thousands of physicians have taken these assertions in without the least scientific investigation. It is lucky that these things are true, otherwise another theory would have been palmed off on this poor theory sickened world. The people drank it in just like they do Darwinisms. The most positive proof of the powers of Epsom salt has only lately been discovered in the treatment of piles. >

Take Epsom salt one pound, Sanguinaria one ounce, grind them together to a powder, dust a small amount of this on the little tumors, or sprinkle it on toilet paper and apply it. Almost immediately the tumors begin to weep, and weep themselves almost out of existence, proving that Epsom salt opens the pores. If Darwin had known this he would have studied on it for another "twenty-two years" to show how glands were formed from dermal cells, the same as he did to show that the eye was formed from a dermal cell that never had been in the skin and possessed none of the functions of the skin or dermal cells. You see how it was, just as Burgess applied Epsom salt to one of the dermal cells the whole organism rolled up in a fit and stayed rolled up "for countless ages," until the exudates formed the gland in the central part of the body, and then as the organism began slowly to unroll for other "countless ages" the gland began to break loose at some of its little dermal points, the same thing that broke it loose at these points strengthened it at other points and thus the organic attachments were perfected, all for no other reason that it could not be otherwise, and thus the organism provided itself with a liver, a kidney, etc., without which an organism or dermal cell could never have existed for a single hour.

To tell the truth of the matter in a few words, it is Darwin and failure or Jesus Christ and success. Darwin and knowing nothing, be certain of nothing, or natural methods of tracing and know all that we have the capacity of knowing, all there is to be known.

The man who does not wish to know the truth chooses a theory to follow, like the heathen choose a god, but the man who wishes to know the truth is careful of his steps, and determines his course by natural and truthful means. There is a great difference between the two men. The theorist tries every way possible to evade the truth and misrepresent it and warp it into line to support his theory. There is, verily, a conflict between truth and theory; they are opposed to each other the same as right and wrong.

Evil is very often theorized upon and justified and made to appear right under certain circumstances. Some evils are justified because of the circumstances. A powerful nation, that ought to be ashamed of its greed, goes to war on a pretext of its own making, a purely theoretical matter. There cannot be a war among men without the aid of theory, falsehood, groundless pretensions and every other despicable thing in the cabinet of sin. In trade, men who desire to be considered respectable, by manipulation of the markets, take from the people money enough, if obtained by theft, to send them to the penitentiary; all to be rich, but in fact to perish with the money they take.

A man's heart is enlarged, and beats with such force that its motion is plainly visible through the clothing; everyone who has diagnosed the condition pronounced it *hypertrophy, heart disease*, etc. That is all based on a theory, which if followed out will soon pass into "fatty degeneration" or "heart failure" and the man will die. The heart is laboring intensely, and has enlarged its muscles to meet the strain and fulfill the requirements. It is more powerful than common and nothing whatever ails it. It is necessarily enlarged and fortified because there is a chronic obstruction in the capillaries, caused by some little insignificant amount of nerve tension.

One granule of veratrine administered in such a condition will relax the tension and relieve the heart sufficiently to show that all these scientific men were following something which is not science, but is deception. Natural methods of tracing in the hands of a desire to know the truth will destroy every theory under the sun. Natural methods are realities, theories are only

imaginations; oppose one against the other, and the result is decisive.

Some time in the glorious future, when truth will be loved and honored, men will look back on these dark days with a feeling of pity mingled with horror. "They followed vain theory rather than truth, and could not see the difference between the two. They even sought truth in theory and were unwilling to receive it in its own seamless robe." We can see our own pitiable condition today, if we open our eyes to it, just as well as others can see it in the centuries to come. In the morning of the twentieth century we can roll up our sleeves with a resolution of doing our own work with our own hands, and "the larks" will have to move.

THE COLORS.

There is in the human mind a natural idea that green is poison. "The green eyes of the mad-dog," the green lizzard, green scum of stagnant water, green bile, "grass widdow," green blackberries, red as fire and cholera morbus, bilious green vomit, green oysters, green grease—it is enough to set anyone against the color and all the traditions of Tom Moore and the hired man lately from the Emerald Isle.

But we do not propose to found our opinions on tradition or even natural ideas having no foundation in reason and actual experience. It is certain that the red color of the blood has the effect of preventing rapid decomposition of albumen and all the most complex tissues and compounds of the body. If the blood was not red man would, of necessity, be a nocturnal animal, and have his abode in the dark, or in red lined apartments and paint his skin as red as blood.

White-blooded creatures die in the light. And it seems reasonable to suppose that the purpose of red in the oxygen breathing animals is performed by green in the carbon breathing vegetable kingdom. Chlorophyl of plants is not produced in the dark, and the growth is of a more rapid character, and frail as rapd.

Green copper solutions kill white-blooded insects, and infusoria of all kinds, while red solutions foster their growth and multiplication, and seem to prolong their existence, as Dr. Brodnax instanced bowel worms, supposed to be more than forty years old and of enormous size. Occasional doses of a solution of green copper sulphate or green double sulphide would have held the parasites in check and made the patient's life happy instead of miserable. (Copper sulphate 1 gr., water 4 oz. Dose 1 teaspoonful t. i. d. or oftener for a day or so at a time; 10 to 20 doses per day are allowable in diarrhoea, etc.)

In some sense green performs the same purpose in the vegetable kingdom that is performed by red in the animal kingdom.

The most vigorous and stable fruits are green during the period of development, while the carbon is being stored in the cells, and at maturing time change to the most tempting shades of red and scarlet, that the ripening process may be completed, filling the cells with that inimitable blending of carbohydrates—sweets and acids—the peerless work of nature's Wise Author, in the masterly fulfillment of the grandest purpose known to human sense.

It pleases a father to see his urchin understand his purpose, though mostly ignorant of the means by which that purpose is accomplished. And so it may please The Father of all for man to be busy investigating the deep things of nature and rather than to be deceived by theory, fall back on the purpose alone, of which he is certain.

It is true scientific investigation gives to man his great power. Science means knowledge, and knowledge means demonstrable certainty, while theory means that which cannot be demonstrated. What right has a man to take up a notion with no preceding steps to indicate a position in truth? We owe allegiance to nature, and no man has a right to appear in her ranks armed with a theory, no more right than a soldier has to traffic with the enemy in contraband goods. The theorist is a traitor to science, and an enemy of the cause he claims to espouse. More knowledge gives more power, more theory gives more failure. Theory is a deceptive play on words, put it in plain, artless narrative and no one will

hesitate to dub it "a lie." In all time there has never been a theory that increased man's power.

We might go on to say how light and heat and color, things not well understood, do form the sweets and acids in the fruits, and when the process is complete the color grows darker to stop these processes in order to prolong the time of that fruit to the benefit of the eater, and thus ignore the vital element in the fruit that controls it all. We content ourselves with the *purpose* without transgressing beyond our limits. Human knowledge has human limits; theory has no limits but ignorance.

The congenial acids are formed in fruits under the influence of heat, light, color, magnetism, electricity and vitality, all beyond our limits only for the lack of mental faculty to investigate them. But the result, the finished product, is placed within the limits of our understanding and we see the benevolent purpose running through all and wonder at the precision of the means. Countless millions of berries on the hills and every single one having the same character, flavor and nutrient properties! There is no uncertainty about it, no room for vague theories and deceptive speculations. Within our limits natural method makes it all plain, and beyond our limits we see the *purpose*, like the provision of a parent for his child.

Acids are necessary to nutrition, to convert nutriment into cell salts, to aid in the formation of tissues from albumenoids in the food, to dissolve earthy matters deposited in the tissues, as in the sclerotic diathesis, to perform digestion, and there may be other uses. The congenial acids as formed in milk and fruits and by oxidation of sweets are very necessary to health and longevity. Hydrochloric acid mainly from foods, fruits and vegetables, also from sodium chloride, is one of the most important. Scarcely less important is sulphurous acid from the same sources. Scudder proved the beneficial effects of this acid beyond doubt, and every time the sulphides are used proves it over again.

Milk furnishes the albumenoids and carbohydrates, convertible into all the necessary acids required in the organism. Indian corn and wheat contain the same in more concentrated form, and all to be supplemented by fruits, which also contain free acids

in addition to the nutritious elements and acid forming elements common to true foods.

The human laboratory is not altogether in the stomach, but in all parts of the body this elaboration is being performed under the vital influence every moment during life.

Certain glands elaborate certain acids. The glands of the skin elaborate acids and other compounds from the blood, either to facilitate excretion, or as matters of excretion. It differs in different races and in individuals of the same race, and in the same person at different times. With a weak nerve power the process is not well regulated, the glands acting spasmodically, as evidenced by the weakening sweats of pthisis and the parched skin of sun-stroke. Therefore the vitality, the nerve power, is of first importance. Then proper nourishments to act upon, then proper conditions to act under, vitality, magnetism, electric influence, heat, light, colors and quietude, cheerful influences, hope and contentment.

Verily, the invisible is part and parcel of it all. Wouldn't I be a fool to put forth a theory about the part that lays beyond human limits and endeavor to deceive the world? Surely it is puerile not to quickly recognize our true surroundings and natural limits. Enter one of our great factories and listen to the hum of machinery, see the ponderous wheels running with resistless power and amazing velocity, the levers, cams and dies working with mathematical precision, the operators working day after day and year after year amid all this confusing danger in comparative safety, because they know their limits. It is not a theory they are working under, but a scheme that was projected, for a good purpose, in the mind of inventive genius.

Once in a while a smart boy, a mother's son, enters the mill and presumes to know it all immediately and to occupy a place, for which true mechanical evolution alone can fit him, and very soon he is numbered with the cripples of the mill, and must all his life regret the mistake of not progressing step by step from the lowest position to the highest and thoroughly mastering all the interesting things to be known in each position. And so we are projected into the world with a conceited idea of occupying

places for which we are totally unfit. The idea is all right, but we have sense enough, if we consult it, to begin low down and progress in a natural way, and be sure not to miss some important fundamental lessons. Knowledge is boundless and we may know as we are known, but how is it possible if we refuse the fundamental knowledge that should be mastered in the position we now occupy and ride some blind theory into the realms of the gods? That is the way to be a cripple of the mill, and check our true evolutionary development and become a useless thing forever. You know how a blind horse goes with his head turned sideways and his nose protruded and neck muscles on a strain, but a theory is still more ridiculous, because the blind horse does have some sense, and if you give him time enough he will carry his rider safely.

That sane men will believe a theory without investigation in preference to truth supported and confirmed by investigation is the strangest thing in the world. And that a few sane men will believe it even when contradicted by The Word of God surpasses the strange and falls in the province of the ridiculous. And that some have even used theory, a thing defined as being unproved and unprovable, to disprove The Holy Bible, and to dispel the thought and knowledge of our Creator from the minds of the people, is one of the darkest crimes ever perpetrated on mankind.

Herbert Spencer put forth a little play on words, which he termed "The survival of the fittest." It is a theory, unproved and unprovable, but men who aspired to be "philosophers" received it as an axiom, a self-evident truth, and built various theories thereon, until today most theories are concerned with it to some extent. At least it gives the theorist all the latitude he wants, and sets him free from all human limits and gives him the boldness to spit in the face of truth itself and to trample true science in the dust. Suppose it is true, is it not ridiculous to found a philosophy on a thing, an idea, unproved and unprovable? But when we reflect that this axiom, this great self-evident truth, is not the truth, the theorist makes himself and his philosophy still more ridiculous, and all his ingenious contentions serve but to make the ridiculousness still more prominent.

It is apparent to all who look that theorists have labored more to subvert the truth than have scientific men to support it. Truth is the mightiest thing in nature, is not a helpless thing, needs no support on its own account, but for our own sake, and for this poor bewildered world, all men should embrace truth and love it, live and die in it, and for it. We should not accept anything as truth unless we prove it to be true. Every day we notice that it is circumstance, what we mean by "hap and chance," that determines survival and human career. The self-evident axiom is not in accord with our experience and the constitution of things around us. A sickly boy and a strong one sleep together; the strong one is warm and full-blooded; he gets too warm in bed and kicks the cover off and becomes chilled, the pores of the skin closed, he becomes sick and all his fitness does not prevent the one less fit from survival. Two of the fittest brutes get into a hard fight and hurt each other, and those of the herd less fit master them and finally kill them.

The strongest wheel in a great factory drew in a spike between it and its pinion and its rim was crushed in five pieces. We laid the pieces in their proper places on the shop floor and fitted heavy wrought iron forms between the spokes and bolted them to the rim, and the same day it broke we placed it back on its axle, less than half as strong as it was, less fit than it was when it broke, and the mill started again. Since that day many parts of the machinery have broken, but the great wheel survives. It would have taken a week or more to procure a new wheel from the north, necessitating a loss of more than one hundred dollars per day, to get a wheel of equal fitness that it might survive we must lose a thousand dollars, while for about \$30.00 we fixed the wheel less fit, and it has survived. If some of those waiting mill hands had heard the logic of "survival of the fittest" that day, some dry oaths might have set the theory in its own natural light. Theory stands no chance in a mill.

Survival is not a matter of constitution, but of circumstance. Comparatively but few of a species attain the limit of their days and die a natural death, and such as do are by no means the fittest of their race, nor is their progeny fitter than that of their

fellows. There are such things as self-evident facts, but "survival of the fittest" is not one of them, but one of the errors; we see it controverted in everything around us without grasping the true meaning of what we see.

All men seem to reverence a theory. The physician thinks he cannot do without theory as a foundation. It is a mistake he starts with, and every step carries him further from the truth.

If we can but open the eyes of men to the beauty of truth, they will turn from the repulsive rotteness of theory, and all will be well.

DEVELOPMENT.

Nature puts forth efforts to meet requirements. What a vast meaning there is in that simple truth! What a wide application may be made of it, useful and necessary as wide!

The theory is, *The use of a thing, part or organ develops it.* How narrow in meaning, incorrect and useless is this false theory! How can there be any use until the capacity, power and necessary development are there to be used? And if you assume a certain capacity to start with, how can that be exceeded until the capacity to exceed it is provided?

The theory is a vile slander against truth and nature and the scientific world that has drunk it down for ages was simply fooled. Acting on the theory medical men will do about as they have done, and in a thousand years from this time still be using the same old methods in new dress and under new names, still following some jack-o-lantern theory made on purpose to supplant the truth and deceive. There is no hope whatever outside the real truth. We accused a book agent of lying and cheating. He smiled and said: "Cheating is my business, and I only tell the truth where nothing else will fit." That logic is worth volumes to us, for our work is all the time about the truth, and nothing else but truth will fit. Theory and other varieties of lies will do

in most other trades within the strict limits of gullibility, but in our trade the consequences tell on us right away.

There are some other trades also in which nothing but truth will go. All the way from cobblers to manufacturing chemists demand the truth only. If you wish to feign lunacy go talk to these men of some theory that constantly causes trouble and failure, but go on to the next man—the doctor—and he seems to be totally absorbed in your ideas, though he is well aware they are only theory, and that the element of reason, natural method and common sense are wanting, and he will consider you rather on the bright order, his opinion of you will be different from the opinion of those other men, and yet you are the same quantity in each case. If you are crazy in one case you are crazy in the other.

There is a radical difference between truth and theory. The more natural means you bring to bear on the former the plainer it becomes, while the effect on the latter is the opposite. Darwin wrote that the only way his theory could be determined was by a careful weighing of facts and arguments. He was seeking to establish it, and the facts he stated are found to be untrue either in narration or application, and arguments are matters of moonshine, endless as the books Solomon was thinking about. How can anything ever be established by an endless flow of "facts" and fables jumbled with arguments? No, that is not the natural method of determining truth. The *man* that seeks it wants to find it, has a receptive mind unprejudiced against truth, and ought to be a real lover of truth and a hater of fiction and falsehood. He takes a fact in sight and traces it to an adequate cause, then he takes this cause and reads forward all its necessary consequences, and all its probable and possible effects if anywhere in evidence, then he builds on what he finds his conclusions, and the fruit of his doings is *success*.

On the other hand, the *man* that seeks to establish a theory is a lover of fiction; he wants an unlimited amount of paper and ink, no natural plan of beginning; fallacy is good as fact to start with; nothing is necessary to start with, and one direction is good as another to reason in, no natural tracing whatever is desirable, suppositions and assumptions are used and facts rejected, the

unknown is drawn upon for any lacking material, other theories are used in support. But one thing is indispensable, the conclusions in support of the theory must be in compromise or total subversion of truth, and the fruit of his doings is *failure*.

Isn't it a remarkable thing that of all the multitude of theories accepted and risked by poor man, in all time since the devil had that little chat with mother Eve, not a single one has proved to be true? Every one has proceeded on false assumptions to a false conclusion.

Some of these theories that were implicitly believed by scientific men in their day seem to us now too puerile and foolish for serious consideration, and a natural method makes the wisest, most learned and subtle theory of the present day seem as puerile and foolish as any that have ever been. Can't we tell the difference in the fruits, is there no difference between success and failure? Can we not tell the difference between starting with an effect in sight, or with a supposition that may or may not exist? Are not the motives different? Truth cannot be theory and theory cannot be truth, because they are different in every respect.

EVOLUTION.

It is said that the little toe is rapidly disappearing from civilization. This is a fair sample of all kinds of theory, and is, on its face, a brazen lie, for all the facts declare the opposite to be the truth. After many ages of foot torture and distortion, until to-day not one parent in 100 has a normal foot, yet the offspring is brought into the world with perfectly normal feet, which continue to be normal until the unnatural and cruel torture demanded by the vanity of fashion begins.

You may change the *rapidly* disappearing toe to the *gradually* disappearing, etc., then turn to the Chinese who have tortured the feet for untold ages, and find that the children are born with perfectly normal feet. Not the least approach toward even an imaginary variation is anywhere visible or determinable in any

manner. Then go to the flat head Indians; every little head that ever gets flattened has to be flattened artificially, and by long pressure, with nature strongly resisting the sinful torture.

If nature is truly resisting all this devilish heathenism, and patiently protesting by pain, corns, bunions, ulcers and sloughing tissues, how can a sane man say there is anything in the theory but falsehood? Well, there is just as much truth in this theory as there is in any theory. They are all alike.

That the human foetus, at a certain state of development, has gills like a fish, is a most absurd misstatement of fact, a criminal offense. No truthful anatomist will say so. If it is true, why do these true gills not go on to full development in at least a majority of cases? When we find they have never matured in a single instance, in more than one hundred billion cases, what sane man can say they were ever there to develop? These gills have been pictured, but no human eye ever saw them. "*The fact*" is not a fact, but a deception.

That everything that grows on a tree is nothing more than leaves metamorphosed in various ways (*for various purposes, is left out, because it might tend to the glory of nature's Author.*) How can this be true when the leaf and germ and the fruit germ are plainly distinguishable from each other, and at no point in their existence ever losing this dissimilarity? But on the other hand, the dissimilarity increases until the fruit shows the germ of a higher order than either, the germ of the future tree to bear both leaves and flowers and fruits, for a good purpose. If this metamorphism idea be true, there is not a single example among countless billions of billions of cases where the "*metamorphism*" did not carry out and the leaf took its place.

The writer stripped the leaves from three fruit trees in full bloom, and not one of the thousands of flowers showed the least effort to become a leaf; the capacity was not in them; their petals were not leaves. The trees died and sprouts came forth from leaf buds near the roots. If the petals were leaves, or ever could be, to save their lives and the life of the tree, they would have acted in the capacity of true leaves, or at least some of them would have shown an effort to do so. This theoretical fact is not a

fact, but a deception, like hundreds of so-called facts hatched in the brain of pseudo scientific men who publicly own a disposition to deceive their fellow man.

We own the truth of true evolution, and everything else that is true. But the Author of all has hidden these things away in himself, and we look to him for the final solution of all. We confidently look to *The Truth* for the truth, and not to those who tell it only when nothing else can be made to fit, not to those who are using their God-given powers to subvert the knowledge of the God who gave. It is very evident that human destiny is held in the tenets of a mighty plan, and that He who made the plan alone is able to perfect it all.

Suppose a geological convulsion should occur in Tennessee or any of the mining states; the consequence would be fossil human forms scattered throughout all the carboniferous ages when no animal life existed on the globe. These forms would be distorted and compressed in every possible way, and some would bear no characteristic resemblance of the race to which they belong today. The evolutionist might find every gradation in bodily and intellectual development which his theory demands, every "facial angle" that distortion is capable of producing, every corporeal shape from the fish to that of perfect man. All in a "pre-Adamic" situation. But he could not sit down and contemplate the theoretical beauties of the horror very long before some practical man would dub him "A-damphool."

He might plead "that the geological record is meager," that he had found part or "nearly all" his theory demanded, and "the parts found suggest the existence of the parts not found." Parts of what? Parts of an *imaginary* thing, parts of a theory. But nothing he could say would remove the practical character he had voluntarily assumed. When a theory finds all it demands it is certain to explode it.

The idea that man descended from a fish is "a fishy story." And that the transition was very gradual and occupied limitless ages, without leaving a trace of the work in geological formations, is contrary to sense and reason and far beyond the bounds of belief. If such traces could be found it would still lack all the

requisites of reasonable proof, for it would lack reason itself, it would simply be an instance of what a geological convulsion would produce today, for reason fully explains the non-existence of such records.

The idea of evolution in a natural way is no doubt correct and perfectly true. The Holy Bible teaches it, it is a part of all religions, but there are a great many theories concerning it which are nothing more than miserable sectarian deceptions. We never saw a man who had found a true theory, nor have we ever heard of one.

It is said that the Christian religion is a theory. If that be true we are forced to believe that the rule of the falsity of all theories has the one lone exception "that proves the rule." But we are not ready to admit even that much in favor of theory, for we have our doubts about the truth of the proposition.

Imagine a circle drawn around you, consider the inside as human limits and make in your mind a positive distinction between the inside and outside. You notice that theory originates and terminates inside this circle, but religion originates outside the limits and never terminates, as far as we know. One springs from one place, and the other from a different place, of which fact the proposition takes no account.

Theory is the work of mortal powers, and may be changed to suit the notions of the day, but religion is the work of the Immortals, and, in a sense, changeless and unchangeable. One theory gets out of the way of another, but religion has staying qualities, not at all like a theory.

The holder of a theory seems to know *what it is* he has, and is glad to drop it any moment for a new one, but the holder of the true religion seems to know, naturally, that what he holds is different, and will die rather than let it go.

False religion originates within human limits and bears the marks of a theory.

In making natural tracings they never run into a theory or into the powers that originated the theory, but they do relate to nature, and its Omnipotent Author, our knowledge of which is embraced in religion.

Theory tends to belittle God, but religion exalts him.

Theory is man-made, true religion is not.

Theory is incapable of positive proof, but religion is attested by the strongest proofs the human mind is capable of grasping.

The more we learn the less truth we find in a theory, but the more we learn the stronger the proofs of religion appear to be. If we learn, in a consistent way, enough to live right, religion will be absolutely true in our estimation, and theory absolutely false.

Thus we see that religion answers the description of theory in no material point. The origin is different, the purpose and effects are different in every respect, and there is no reason whatever for believing that theory has even the one exception in its favor. Divine religion is a fact and not a theory.

ANALOGY.

The Alimentary Canal is like the street or alley in a city. By way of it the support of the body corporate enters and the garbage departs. The pores of the skin are like the sewerage of the city. By them waste solutions and gases and solids held in solution are eliminated. Some of the glands are like the junk stores, others are like pawnbrokers, others are like the bake shops, others are like the laboratories, pharmacies, candy makers, nut crackers, etc., etc. The vascular system is like the inside commercial pulsations of a great city that makes a demand for everything useful and distributes to the remotest corners and dwellings all that gives comfort, joy and happiness.

The nerve centers are like the city government, always on the alert to keep the corporation in the front ranks among its neighbors, especially in narcotics and other indulgences, and are about as easy to influence for good or evil by drug insinuations, notions, etc., as the city government is by political trash, sensations, boodles and other forms of poison.

The brain is like the quiet homes, where dwell the good citi-

zens with all their hopes and fears for the present and future welfare of the place.

The solar plexus is like the mansion, of which the whole city is proud, where dwells the curious intellect that in hard old times staked off the lots and streets and alleys, and tried to make everybody plenty of room and equal rights.

And so it is of every necessary function of a prosperous city, it is but a natural corporeal endowment of the human body applied to an incorporation of individuals. A Spencer, Darwin, Tyndal or Huxley may wander in from the sunless depths of intellectual nihilism and sit down on the curbing and philosophize for "twenty-two years" on all he sees around him; he may conclude that the gutter at his feet was worn there by the water that runs in it, and ignore the fact that the central part of the street is subjected to a thousand times more wear than the gutter, and yet remains the highest. He may think that the sewerage all resulted from a crawfish hole in the gutter, and the pressure of water, forced in the line of least resistance, all these necessary underground caverns, and that the use of the same maintains them, and that there is no intellect whatever at the head of the city; that it is a chance creation without a plan or purpose, one of a hundred villages that prospered from peculiar environments more than its fellows—"the survival of the fittest." And he might go back to his own country and tell of all he saw, among those schooled like himself, and be believed. But no matter if all the world believed him, the city government would go on the same. There would be a plan ahead, and a reason for everything done, and in proportion to the wisdom of the reasons the motives, etc., would be the prosperity of the city.

He might visit the city again and show to the business men that he had discovered a location in the sunless that was fitter, even the fittest place in the world for the town, and by all means it should be moved to that place; he might demonstrate all this to a perfect certainty, but what would they think of how much sense he possessed? He might go back and say to Mr. Spencer, "Your survival of the fittest theory will not work out there in the sunshine." "Why? It is one of those simple uncontrovertable truths

on which the whole universe is being evolved." "Well, it is all right in here, but just as soon as I took it out in the light it wilted to a mere emptiness. The fact of it all is, it is not the truth, and I can show you why in less than one minute.

Out there the first thing they do is to determine whether a thing is true or not, and if not they want no more to do with it. They agreed readily that we had the fittest place; they all seemed to love darkness more than light, but when I went to close the thing up and said the fittest must of necessity survive, they said they did not care if it did, and would not talk a moment of moving the town.

You see if there was any truth in the survival of the fittest it would tend to the centralization of power and at this time there would be but one kind of animal in the whole world, and that would be a hog. The truth is the very opposite of your theory. Of all the diversity of living forms we see they are so planned as to be dependent on each other, whether they seem to be at war or not, whether they know it or not, they are in fact dependent on each other, and "the struggle for existence" is all bosh.

Those fellows out there made me sick of all the theories we have been stuffing ourselves with, so much so that I have become convinced that there is not a single true and dependable theory in the world, and never has been and never will be. What would be the use of a true theory; you could not fool anybody with it, and your time would be a dead loss. The men there have some very curious ways; they have a string with a piece of lead tied to one end of it, and they build all their walls plumb straight by that string, and they have a steel bar with an arm at right angle, called a square, and they try it on everything, and no one says a word, for they all understand it. I talked a long time to get a building fixed to suit my theory, but the builders used the plumb and square all the time and paid no attention to me, and I am glad they did so, for I see now that if they had built by the theory the house would have tumbled down and killed them.

They also have a way of determining the truth on a piece of paper, the most scientific thing in all the world. All it lacks of being simple as your theory of "survival of the fittest" is a sim-

pleton to twist it out of natural shape and make it a foundation for false conclusions. It consists in *plain reasoning from a fact, or effect in sight, tracing it backward to an adequate cause*. It is as simple and certain as tracking rabbits in the snow, but it reveals some wonderful things that were never known in the world before, and one wonderful thing about it is that it carries its own proof along with it; you do not have to write volume after volume to make a false thing appear to be true. I brought a plumb and square from the city, and I will tear down my house and rebuild it on a solid foundation.

There is an old fellow in the town who convinced me that my theory is false from beginning to ending. He made the broad assertion that everything I stated was either false in the premises or in the conclusions drawn from the premises, and went on to mention eighty-seven things I had stated incorrectly; for instance, you know what a run I made on the war of species, struggle for existence and survival of the fittest; he demonstrated the interdependence of all things and that everything moved on a real plan that embraced the universe, the very opposite of my statements. I stated that multiplication tended to variation and that the most numerous tribe or species showed the greatest variations. He mentioned in answer the billions of crows with no variation, and the few hawks with many variations. The numberless blackbirds with practically no variations, the few woodpeckers with many. The prolific swine the same in all time the whole world over, and the less numerous dogs with every imaginable variation. And it seemed that everything he mentioned was a complete refutation of my theory.

He even stated that the success of his town was in no wise due to its fitness, but that it was due to the proper use of the plumb and square and the principles of truth underlying all that gave men assurance of success and encouraged them to do their best, and the proof of it all was visible everywhere; there was not an air castle in the place; every building had a foundation and a real purpose—there is actually a *plan* at the bottom of everything.

I visited a number of the dead towns in the vicinity, and was

surprised to find every one of them in a fitter location for the city, some about as good as anything we have in the sunless. But there was contention, a lack of good feeling and energy that can only develop on a true foundation. In the city everyone pulled for the general prosperity; here they were totally indifferent, and there were air castles all about. These places were being run on theory, and that explains the difference.

The citadel of our future medical fortunes will not locate at "the fittest" place according to man's notions, and from that vantage ground dole out a few theoretical benefits to a suffering world, with the real effect of occupying the territory and keeping out the truth, but knowledge shall cover the earth as the waters the sea, and the said citadel may hang as a theoretical ornament on science's walls, like the mirage on the desert's horizon.

If our science were nailed on theories' cross till it were dead, and wound with the apothecaries' embalming preparations, and placed in a sepulcher of solid stone and a great stone sealed over the door of its grave, and a watch from every medical sect and ~~is~~ under heaven set to eternally prevent its resurrection, it would virtually be the condition that has prevailed for centuries. Bound up and bound down and in every other way bound by a system of senseless rules, entangled in numberless theories like the moth in a spider's web, pre-engaged to prostrate ourselves before the new theories, like the heathen are to the gods of wood and stone that are now making, not yet finished, the situation is pitiable in the extreme. Truth is not of that character. It was before the foundation of the world, even from everlasting a polished jewel, pertaining to God himself.

The situation has become so extremely pitiable that men everywhere deny themselves the great benefits to be derived from the scientific healer's art, and so prostrate themselves before disease as its helpless victims, like a charmed bird in the serpent's coil. They have simply learned that a sick person recovers in less time, and more surely without theoretical treatment than with it. They fear the doctor more than the disease. And of

those who employ a doctor there is a great percentage who throw away his drugs as soon as he is out of sight.

There is nothing in the normal human body, nor in the government of the model city that corresponds to the present condition of The Medical Profession. We must turn to the regions of The Sunless to find its parallel. It occupies the fairest—the fittest—ground in the domains of science on which to build a great and magnificent structure to stand forever, but the building had been founded on theory, the plumb and square and level have been ignored and the walls tumbled as fast as they were raised. The architects were schooled in the land of the Sunless and claim that the science of medicine is not an *exact* science. If it is not an *exact* science, it is not a science at all, for science is knowledge, and knowledge is what is known, and how can a thing be known and not known at the same time? It cannot be disputed that all the science there is in medicine is found to be exact. The exact part of it is all the science there is about it. Empiricism is a name invented to include a host of pretensions and to cover ignorance, and its use is to bridge from theory to theory, and to serve as a professional witness to prove theories and deceive our people.

But once adopt a scientific method in scientific work, begin with an actual fact in sight and reason backward to an adequate cause, and then evolve all its necessary and probable effects, like the model city was built. The builder examined the surface, then he went downward to a solid foundation, then on this he reared the structure of an enduring character and finished it in conformity with exact principles and architectural design, and the work is found to be the same as in all the exact sciences. What theory might find a use in such work, what deception is possible where the premises are existing facts? Mistakes may be made, the same as the builder may make them, but following the design the next part will not fit and the mistake is found and rectified.

In every pathological condition there is always something to trace, for no effect can be produced without a cause, and often there are many causes, and taken collectively they amount to an

adequate cause. No effect is ever produced by an inadequate cause. It is often that disease results from several inadequate causes, but taken together they amount to an adequate cause. The condition, habits and environment or circumstances of different individuals make it common occurrence that a given cause is adequate to produce a disease in one person and be powerless to produce it in another. A family may be subjected to the same conditions and only one of them be affected. A man may start out with a hundred dollars and come back without a dollar, and yet have paid out no single debt of that amount, but may have paid \$5 to one, \$20 to another and so on until every dollar was paid out, but all the amounts paid out equal \$100. Suppose two men with identically the same liabilities start out to meet them, and one man has less money than the amount of his liabilities, it is plain that he will owe debts that cannot be paid, while if the other man has more money than the amount of his liabilities, he will pay his debts and still be solvent.

There are a great many things to consider, and no matter how much it may be simplified, no matter how plain and certain the method and principles may be made, and how well they may be learned the doctor will need every bit of all his intellectual endowments every day he lives to enable him to determine truthfully the invisible things that concern the welfare of his patients and his own success. He will not have hours and days to spare in theoretical craziness. If he does he will sacrifice human life. The very best he can do solemn thoughts will cross his mind and a feeling of insufficiency will continually confront him. If he should foolishly waste his time in following wil-o-the-wisp theories how else could he feel than the man-slayer in his cell awaiting trial?

While the cash available, the stock in trade, the vitality, constitution and physical endurance of different individuals vary, it is plain that an adequate cause of financial or physical disorder in one case might not be adequate in another. Also, an adequate cause under certain circumstances may not be adequate under others. Also, what one man may consider adequate may not be so considered by another, and the same man place a different

value on causes at different times, and even at different hours during the same day.

To carefully thread the way through the labyrinth of circumstances, condition and human events to the coveted goal is worth all it costs, all our time and attention and the engrossment of every human power and faculty. The use of the reasoning powers will increase them many fold, and diligence and honesty of purpose crowned with phenomenal success at every step bring a strength of heart and nerve and a fearlessness unknown to those inhabiting the regions of the Sunless.

To live in fear may induce disease even when all other conditions are favorable; uncertainty and ignorance are great sources of fear and real danger. There is but one way to be otherwise, and that is to carefully search out the true reason of things by natural methods, and use the square and plumb in building our conclusions thereon.

CONTROL OF SEX.

To look mankind over in a moody, thoughtful manner we become aware of the fact, in a general way, that it is the mother of the boys and father of the girls. Numerous little incidents are constantly taking place that impress the fact upon us. The father comes in from a long drive; the daughter meets him at the door with an inquiring smile on her face, brushes the snow from his coat, takes his overcoat and hangs it where it will dry, and gives him the best chair and the best place at the fireside. She is surely nearer related to him than either of the three boys that keep their seats all this time. But when the mother comes in the boys do the moving; they will do anything possible to help and oblige her, while the girls simply obey her from a sense of duty. A man must have been the possessor of such happiness, and must lose it, before he can appreciate it at its real worth.

It has been said that all this is on account of sexual attractions, but that is an entire mistake. The boys will oblige their mother and slight the most beautiful girl at the same moment, and

the daughter will caress her father and shun her own admirer. There is a better, truer reason than this, as couched in the fact stated, showing the true kinship that exists. The true line of descent is from the father to the daughter, from her to her son, from him to his daughter and from her to her son, and so on, ever crossing from side to side like the swinging of a pendulum.

That the father lives in his son is perhaps true enough in the sense in which it is used, yet it is not an exact scientific fact, for he will live in an adopted son as well as in his own. This kind of living is a matter of example and inspiration. George Washington lives in us all.

We all know how parental peculiarities are more apt to reappear in grandchildren than in children, and this is one of the facts which confirm the statement that it is the *father* of the girls and the *mother* of the boys. It is not that these peculiarities do not exist in the children, but that they must pass to the grandchildren where the sex and consequent opportunities for development and manifestation correspond with those of the grandparent from whom they inherit the same. That is why a drunkard's boys are seldom drunkards. But put pantaloons on the girls, and submit them to the same influences that made a drunkard of their father, and they will be drunkards too. To make a drunkard the influences are necessary, as well as the inherited tendency. And we are surely all guilty for allowing these influences to exist a single hour in our community.

We have traced peculiarities among our friends and acquaintances for several generations, and find that they do go from side to side in this very way. One of our acquaintances had a peculiar nose, and married a wife who had a peculiar mouth. They became the parents of quite a large family, and the boys had the mouth and the girls had the nose.

The father's hereditary tendencies to disease are, as a general thing, more noticeable in the daughters, and the mothers' in the boys. Some families are noted for longevity. The son from such a family married the daughter from another such; they lived together about seventy years, and died within two years of each other, both of inanition, no disease whatever, nearly a century old.

Their five children lived to a good old age. There were two daughters, one of which married an ambitious man from a shorter lived family; there were four sons and four daughters of this marriage, and the sons inherited the longevity and the daughters the ambition of the father. On the mother's side of the house there was a noticeable peculiarity, and the same was noticeable in her father, and no doubt in her grandmother and great grandfather, but we have no positive knowledge of this further than three generations back and two forward all showing the same trait of character back and forth from sex to sex in the true line of descent. It was a very peculiar peculiarity and so could not escape notice.

When they began a thing they were loath to quit when it was finished, but would continue to labor on it for an indefinite time, never knew when a thing was done. The grandfather bought land that he could not till nor sell; his daughter wove carpets, more than would cover the house floors four times. Her son bought land that he could not till or sell; his daughter covered her own floors with carpets, and the floors of others also, and her son seems to want to rule over a great territory where he is monarch of all he surveys, and no doubt, if he has a daughter, she will be deeply interested in carpets. Thus you see we can reasonably predict traits of character and even length of life, the constitution and stability of individuals, and a great many interesting things concerning them.

Aversion to politics was another prominent characteristic of this family which became conspicuous in each alternate generation as possessed by the males, and a little observation showed that it was present with the mother. The first census taken in the United States the taker was run out of the yard by one of these women with dogs.

Ponder these things well, for we are tramping on the border of a wonderful discovery. We have in hand the facts, which give the clue to the control of the sex, the features, the stature and general character of the offspring. It has been noticed by scientists that the comeliness of our race is improving, and it is no doubt a fact, for it would naturally do so when virtue oscillates

the other way. The male pictures in his mind the sweetest face he ever saw, and his mate imagines the same, and the offspring tends to fill the ideals. But one is the picture of a female and the other is the picture of a male, and the sex of the offspring is uncertain. Now it follows that if there be an agreement as to the sex of the imagined picture in the mind of each, the sex of the offspring will not be uncertain, but will, within reasonable limits, follow naturally as the effect of a cause.

An affectionate wife has no difficulty in controlling her imagination when she desires the offspring to be a son. She may with only natural effort restrain her thoughts from wandering to other affairs and keep the image of her husband, and especially his sexuality, constantly in mind during his caresses. But the husband may find it a very difficult matter to make the image in his own mind masculine, or to make the masculinity of his imaginations predominate. It is unnatural and requires forethought, correct method and considerable tact and ingenuity. It is easy to imagine a powerful male brute in the act of copulation, but that is not to be allowed for a moment. He must place his attention on his own genital organs, and refrain from thinking of the feminine as much as possible, and so make the mental image as decidedly masculine as possible. Real pictures and drawings in outline of males sexually excited may be made use of to hold the attention for a sufficient time.

When a daughter is desired the tables are reversed, so that the conditions are predominately feminine. With a weary, non-excitabile wife, in hardly a passive frame of mind, continually troubled about some domestic or social affair, with a cold heart and a listless soul, while the husband is fired with warmth and vigor, and in all respects the very opposite of the wife, a conception under such circumstances is generally feminine, because the mental conditions are mainly from the husband, and are predominantly or entirely feminine.

The most effective time for impressing sex and general characteristics on offspring is undoubtedly at the time of conception, but there are many instances of various impressions, both mental and physical, being made at later times by vivid emotions of the

mother. From personal observations we have known birth marks to be produced as late as the seventh month, and there is no doubt that impressions may be so made at any time during pregnancy. The nerve power builds as it is influenced, and so the building will be an exact production of the architectural design and materials used in its construction.

That these things are placed in the power of man is an absolute certainty, for no one could impute birth marks and abnormalities to Divine origin. This being beyond question, the encouragement to investigate as reason may dictate along natural lines is very great. We are prone to make mistakes, but it is seldom that everybody makes the same mistake, and there is no doubt that careful, scientific patience will win.

NERVOUS TENSION.

Nerve tension is of two kinds, one affecting the sensory, cerebro-spinal system, manifested by excitement, wakefulness, restlessness, etc. The other variety affecting the central sympathetic system and all the nerves of nutrition, manifested in the pulse, the appetite and all the functions.

The first variety is under control of the will power, and may be governed by psychic suggestions, or by force of personal will. The other variety is governed by circumstances, conditions, influences which are realities, accidents, etc. The will power and suggestion from outside sources have no appreciable control over it. They surely do have some indirect influence, but indefinite, uncertain and slight, yet not to be lost sight of nor ignored. We only mention it to make the distinction sharp and clear between the two varieties of nerve tension. Thus, in all pathological conditions affecting organs under the control of the will, psychic influences may be made of great benefit, but in affections of organs entirely under sympathetic control the results are negative or slight.

This second variety of nerve tension gives rise to most of the

pathological conditions we have to treat. The central sympathetic power deals in realities, and its affections must be met in like manner; it built the organism, including the brain, and maintains it and deals with materials.

The natural tracing from these facts knocks out the idea conveyed in *The New Field*, which is that the soul or mind inhabits the solar plexus. This leads us to a different conclusion. That idea was not founded on a natural tracing, and this is. The tracing leads us to think that the living germ is a physical production for a purpose. That this germ is no more than any other germ of the body, except this purpose and its natural fitness thereto. That it builds the organism in accordance with this purpose, also builds the brain as the organ of another life that has a destiny; another step in the great purpose that reaches beyond our field. And that at such a time as the brain and voluntary system are fitted for their invisible occupant the mind is given and takes control. The fact that mental suggestion has a powerful effect on the diseases of organs under mental control favors the above tracing, and locates the mind with the brain.

We also feel mental accountability. If the mind is a dweller in the solar plexus, an organ over which we have no mental control, the accountability would seem unreasonable. But we know there is nothing unreasonable in nature, and if we employ natural methods all will be plain and every step in the great plan will reveal the thoughts of a Designer. Thus man may read the pages graven by his Creator.

There are also two kinds of enervation—that pertaining to the voluntary system, and the other pertaining to the sympathetic system. There may be great mental activity and energy manifested by the voluntary system while the sympathetic power is very low and the body losing weight. Many patients think they have a strong nerve power, measuring it by their mental energy. The pulse is the index of the sympathetic power, which power governs nutrition, growth and repair of all parts of the body, including the brain. And it is with this power that we are mainly concerned in pathology, for it is the ills of the body we have to treat and on this power the integrity of the body depends.

Nerve tension as denoted in the pulse and the pinched countenance is a condition that will soon produce an organic deviation, a real symptom producer to be manifested in many ways. That is, sympathetic nerve tension closes to some extent the pores of the skin, imprisoning toxins that irritate the nerves of sensation and cause the nervous expression we term pain. It also contracts and narrows the blood vessels and capillaries, causing pressure in the arteries and a laboring heart. Or it may be so intense as to cause almost complete closure of capillaries at certain points, and congestion and blood stasis result. Thus we see that sympathetic tension produces a condition that underlies more than half of all human ailments.

Sympathetic tension is easy to detect in the pulse, which carries the idea of capillary obstruction in the countenance by paleness and pinched features. The remedy is exercise sufficient to produce natural reaction immediately, or veratrum to relax the nerve tension. Bichromate of potash for the same purpose, or vigorous massage with hot Epsom water.

Tension of the voluntary nerve power may have a wider scope in intellectual pathology, but its pulse must be felt by invisible fingers and the tracings made by One who knows.

Many people take cold at every change of the weather. It seems to be a mysterious condition, but natural tracing shows that this depends on a lowered vitality with habitual nerve tension. Double sulphide is a tonic and builder that renders the alimentary canal normally clean and aseptic. Veratrum and potash bichromate relax the nerves. The combination of double sulphide with either or both of these, one tablet 4 times daily, is the scientific treatment. (See list, No. 3 tablet and No. 5.)

For the host of mental ills, more than drugs is required. (1st) Put the body in normal condition with drugs, massage, dieting or whatever may be required. (2d) The truth, whatever it may be, not better nor worse than it is, and the mental philosophy to enable the patient to bear it, and to look beyond the present afternoon, good cheer and hope.

Preachers fail, because they make it worse than it is on the poor body. Kind neighbors fail, because they try to joke it off.

The *Doctor* meets all sorts of conditions as they are, conquers them and carries his patient over all. The *Doctor!* He is the man.

CALCIUM.

Fact 1. Calcium constitutes the frame-work of the body; its solidity and strength, as shown by the weakening of all the tissues when calcium is deficient in the blood.

Fact 2. When tissues are weak, or are breaking down, the administration of calcium relieves the condition, notably so in atonic hemorrhage, toothache and pains in the bones of growing children; also in the nervousness of pregnancy.

Fact 3. When nerve and brain tissues become weak from over-exertion, or from irritation in health or disease, calcium produces beneficial results, as shown by ample experience with drugs and diet.

Fact 4. Calcium is antiseptic, taking up carbon slowly and for a long time, as shown clinically and by chemical tests.

Fact 5. A superabundance of calcium in the system is eliminated by the bowels, skin and kidneys, all the eliminative glands participating without deviation or prejudice, elimination being natural and physiological. It is certain deviations in the nerve power that allows precipitation and deposition, as shown by natural tracings in disease.

Fact 6. The various forms of calcium become mainly a chloride in the stomach, with most effective antiseptic powers, shown by chemical and clinical tests.

Fact 7. Calcium is slowly soluble in the blood, shown by the solution of concretions deposited in the tissues.

The more facts we have concerning a thing the easier it is to recognize the harmony existing between them and their natural relations to each other. If we have a great many facts, all we need do is to read them over and the beauty of the truth will be apparent without the exercise of the reasoning faculties. There are many other facts concerning calcium which we might set down,

and so keep on until there would be nothing to supply by means of reasoning, but we do not wish to get in that way; we want to reason on what we see every time, and show ourselves able to supply facts which we do not have. Four or five of the principal facts are generally sufficient.

Thus, reasoning on fact No. 1 supplies facts No. 2 and No. 3. So that we really need only five facts concerning calcium to enable us to supply all the rest, more than fifty in number.

Calcium has perhaps the greatest range of any drug in therapeutics, but its effects are slow and not so brilliantly apparent as the effects of magnesium, and so we may feel an impulse to place magnesium in the lead; the natural method shows us better and holds us to the exact truth.

Fact No. 4 is one of the most important things concerning the drug, showing the wonderful adaptation of the drug to the purpose of Creative design. Fact 6 further shows this adaptation, and fact 7 shows the adaptation of the blood to it. Let not the theorist dwell on these things, unless he is willing to give up all his miserable notions and frankly own the Power Above, that reigns over all. Though the Lord and Satan may have agreed to stay out alike, for the present, yet the language of all nature declares the One, and the daily crop of theories declares the existence of the other, and the poor *theorist* does not seem to realize whose dupe he is.

Fact No. 5 is another evidence of perfect adaptation, and all the facts concerning calcium, directly or indirectly, more than fifty in number, show the same. There are natural relations existing between all the facts; then there are many reasonable inferences to be drawn from these relations, and a perfect harmony that pervades them all, which the least theoretical mumblings would disturb. Can any scientific man be so foolishly credulous as to believe that all this is the work of chance, and yet be forced to own the work is done?

The phosphate, or bone ash, the double sulphide and the carbonate, or lump chalk, are the principal forms of calcium used in medicine. Dose 1 to 5 grains several times daily, according to the assimilative powers of the patient. (See *The New Field*,

pages 74, 117, 152; also tablet list at the close of this book. Calcium is in every tablet listed.)

Iodized lime is prepared by thoroughly triturating iodine with lime, corking it very closely and setting it in the sunshine or any warm place for a few days, shaking it up now and then. Dr. Edward Strecker of this city prepares it in the proportion of 1 of iodine scale to 10 of prepared lime (Levigated lime). We use it in various strengths, from 1-100 part iodine to 1-500 part. We have more faith in the lime than in the iodine.

SODIUM.

Fact 1. Sodium is a constituent of all the tissues, but mainly of the blood.

Fact 2. Sodium is the purveyor of the hydrochloric acid for the peptic glands, and of ptyalin for the salivary glands.

Fact 3. Sodium is concerned in the normal secretions of the liver and other glands, shown by repeated small doses having a salutary effect when the secretions are scant in quantity or quality.

Fact 4. Sodium controls the acidity of the blood, eliminating deleterious acids.

Fact 5. Solutions of the neutral soda salts have a salutary effect on the skin, curative in many skin diseases.

Fact 6. The effect of sodium is stimulating, as shown by increased glandular secretions.

Fact 7. The soda salts have a certain control over the multiplication of fungi and parasites of the alimentary canal, shown by clinical results.

Fact 8. The soda salts, in assimilable doses, are congenial, having a salutary effect on the eliminating glands.

Fact 9. The sodium salts are antiseptic.

Fact 10. Sodium chloride reaches the blood without change by digestion, and hence may be injected directly into the blood in normal solution (1 teaspoonful of common table salt to 1 pint of

boiling water, cooled to blood temperature). The injections have a reviving and stimulating effect in low anaemic conditions. Loss of blood by hemorrhage may be replaced by normal solution of salt. The system will supply itself rapidly from colonic injections of normal salt solution.

Next to the therapeutic results obtained from magnesium, in brilliancy, are the results from sodium. The wonderful results obtained from Epsom salts are partly from the sodium sulphate it contains (10 to 40 per cent.), which results are not all obtainable from either C. P. salts alone.

There are so many facts concerning sodium that reasoning on them is neither necessary nor interesting, but we cannot help looking over them and feeling a deep gratitude that such a drug has been vouchsafed to man. Notice fact 10, that vitalizing and stimulating effect has many a time restored the poor sufferer fast sinking into coma.

Fact No. 6 shows the same principle in another way.

Fact No. 3 accords with 6 and 10 perfectly.

Fact No. 5 shows this same stimulating effect in another way, and is in perfect accord.

Fact No. 2 brings a new element of usefulness into consideration, that of a purveyor as well as a constituent and stimulant.

Fact No. 4 brings out still another valuable property, that of a never sleeping sentinel on the walls of life's citadel. Fact 7 emphasizes this and makes it more prominent from another standpoint.

Fact No. 5 accords with and confirms this. Also No. 8 confirms it all.

Fact 9 adds a new element for consideration, and accords perfectly with facts Nos. 2, 4, 5 and 7, confirming all. And thus the harmony is complete.

You notice that each introduction of a new property in no way disturbed the harmony, but served rather to give it additional foundation; that is never the case when theories are concerned.

There are important relations existing between all these facts, and the facts can be so arranged that they fairly merge into each

other, so that one may become the reasonable sequence of the other.

The principal salts of sodium used in medicine are the Chloride, Phosphate, Carbonate, Acetate, Sulphate, Sulphite, Hyposulphite, Sulpho-carbolate, Borate, etc. The combination of the sulphate with double sulphide in the cell salt formulae is given in the tablet list at the close of this book; also in The New Field.

POTASSIUM.

The principal salts of potash in general use are the tartrates, carbonates, nitrate, chlorate and sulphate. Considering the general properties of these, as set down in our books from their empiric use, we find that one general character of *antiseptic, cathartic, diaphoretic, diuretic, antacid, refrigerant*, to greater or less extent, is common to all. Potash is a cell salt found as a true constituent in all the body tissues, hence potash has an office to perform in the organism in that respect, and judging from above sweeping assertions, the truth of which nobody doubts, it has many offices and natural uses.

The fact is that each one of the constituent cell salts is strongly antiseptic and with sulphur and some of the acids constitute the weapons of "natural resistance" in the hands of the nerve power. Potash is antiseptic because it draws off carbon from septic compounds and breaks them up and renders the tissues less prone to septic influences. It is cathartic by its influence on the nerves, because the effect is by increased and more regular peristalsis. It is diaphoretic because of its strengthening and energizing effect on the general nervous system and on the dermal nerves in particular. It is diuretic from its influence on the nerves and from antacid and refrigerant powers by which the urates, etc., are fitted for separation from the blood and the functional process facilitated. It is antacid because it is an alkaline base, and acids are necessary to fit it to enter the body, and after it enters the body to keep it fit for its work. It is refrigerant because

THE FIVE DISEASES.

That there are but five deviations from the normal, on which deviations all disease depends, is amply proven by the natural method. All symptoms of all manner of disease when traced in a natural way backward to an adequate cause terminate in some of these prime deviations, or active symptom producers. A symptom is produced by a symptom producer, an underlying condition that keeps it produced and prevents the organism from returning to the normal. If all the symptoms of disease are produced by five prime causes, then it follows that these prime causes are the only diseases we have to deal with. For it is plain that the symptoms of disease are not disease, but the evidences of it, and what they evidence is the true condition, that is the disease itself.

These five deviations to which the symptoms of disease are constantly pointing, and to which all symptoms may be traced in a strictly scientific manner, are *Retention*, *Invasion*, *Enervation*, *Trauma* and *Poison*. We have never observed a symptom in any disease condition, which when traced in a fair manner did not relate back to one of these symptom producing deviations. And we cannot understand how it is possible for the existence of a sixth deviation. Therefore we say these five prime conditions are the only diseases in the whole field of pathology.

But we would not have you believe this except in the sense in which we believe, viz., that these five deviations are the only deviations to which we have ever been able to clearly and definitely trace the various symptoms of disease, and we say there are no others because we know of no others. But there are a few symptoms we have never been able to trace and prove the tracings to be correct. So we hold what we know of these just as it is, true as far as we know it to be true, and no further. For instance, the symptoms of syphilis are traced to a specific poison, of an infectious character; unlike any other poison, this poison induces enervation, hence the weak pulse. This tracing is the best we can make, but it is far from satisfactory. If it were true it would,

like all other truth, carry with it the means of proof. We can only say we believe it to be true, and that it is determined in the most scientific way known to man.

But science means knowledge, and the positive knowledge in regard to this disease relates only to the surface, and to do better work we must have better knowledge. So when any one is able to demonstrate the actual condition to be different from what we suppose it to be, we feel bound to accept it, not because he says so, but because it is truth. We owe fealty to truth, not to man, and yet we are glad to honor the man who shows us the truth, and feel bound to help him in every possible way for truth's sake.

Now if you ever trace a symptom to a sixth cause, do not say your tracing is wrong because we said these five prime causes are all, for we could not say that after we had made a fair tracing to a sixth cause. Let us tell what we know, and hold what we believe subject to proof.

The New Field tells all we know about these five diseases and their successful treatment, and reasons upon them at great length, giving case reports, etc., and making the matter very clear. But for fear the reader has not read this first book, we feel, from the great importance of the subject, bound to give the main points in regard to each, and especially to the treatment. For when one learns how to treat these underlying conditions successfully, he immediately becomes master of his art, and is able to cope with any and all the ills of man. This knowledge is not a theory, but is arrived at step by step by means of natural tracings and the natural method. It is proved to be correct by the same means and by success.

When the natural method shall be appreciated by all scientific men nothing will be allowed in medical literature until its truth has been established by natural tracings. What a cheeky thing it is to herald to the world in place of truth, and to supplant the truth, the bare imagination of the mind! It is a crime, the magnitude of which is equal to its results, the magnitude of which is beyond computation. When our literature is purged by the natural method all that worries the student will be gone. And

until that time shall be the student need not worry, for he can use the method and purge it for himself.

RETENTION.

A closure of the pores of the skin and the consequent retention of waste, the heterogenous elements and compounds, with all the consequences, constitutes the disease retention. When the pores are opened and rendered active the disease and all its symptoms entirely disappear. Every pathological condition caused by a closure of the pores of the skin and excretory membranes of the body is retention. The effect of waste imprisoned at the body temperature, richly supplied with oxygen and all the elements of decomposition and recomposition expresses itself in a multitude of various symptoms ranging in severity from dullness and stupor to rheumatism and convulsions. The expression of the disease is not the disease, for relieve the expression and often the causal factor remains to reproduce the same symptoms or others. At other times it happens that the recuperative forces throw the cause off at the same time, though not often the case. Two or more diseases may exist at the same time, and each produce its peculiar expression. The symptoms of waste and decomposition and of new synthetic compounds within the organism are the symptoms of retention, for open the pores and energize the dermal glands and muciparous pores and all these symptoms disappear, although no treatment was directed to them. When at the same time there are symptoms of invasion and enervation when the cause is removed by the treatment for these diseases these symptoms also disappear and a state of convalescence and health ensues.

DIAGNOSIS OF RETENTION.

The symptoms of retention are caused by a closure of the pores of the skin and inactivity of the dermal glands, resulting in congestion of the subdermal tissues. All changes are rapid or every few hours. At first there is a drawing or contraction of the skin, and a bluish or purplish color, and a shivering or chilly sensation, sneezing, profuse nasal and lachrymal secretions, fullness in the

eyes and head. The surface may have a harsh, dry feeling to the touch. At a later time a flushed and feverish appearance, with a chilly sensation on motion, and acute sensitiveness to cold, a dread of cold air, and slight pain on shaking the head. The pulse is excited and beats in a labored manner as if obstructed, which it really is. There is generally a stiffness or soreness of the muscles; sometimes there is marked fever and high temperature, pain, sore throat, coated tongue, perversion of taste, loss of smell, constipation, headache, rheumatism, renal excitement or apathy and general toxemia. All changes are caused by chemical decomposition and recombination in the blood, hence the rapidity of the changes mark the rapidity of the pathological changes within. The elements set free reacting upon each other, forming various compounds of CHO, CHN and CHNO, called glucosides, enzymes, ptomaines, leucomaines, etc., many of which possess toxic power. It is not uncommon for a patient to lose 1-10 of his weight in a week or so, and that means about 1-6 of his muscular substance.

There are also chronic forms of the disease characterized by cold sweating extremities, a lowered vitality, impairment of vital functions, rheumatism, neuralgia and various nervous derangements, and a disposition to enervation, for retention more than any other disease predisposes to phthisis and other chronic enervations.

TREATMENT OF RETENTION.

The treatment is very effective and should never be neglected. The disease in many of its forms is a dangerous one and should receive our best efforts and persistent attention. The first thing is to open the pores of the skin. Sponging the entire dermal surface with warm Epsom water 1 oz. of the salt to 16 ozs. of water; let the sponging continue 10 to 20 minutes, going slowly over the entire body at least three times. This opens the pores and the absorbed drug attacks the thirty or forty enzymes, ptomaines and leucomaines which have been discovered, and the 150 which have not been discovered, robbing them of their carbon and checking the decomposition present and putting it in shape for elimination and energizing the emunctories for the purpose. The condition is

pared with the real, universal purpose that reaches beyond our field, on and on, like the stairway to the stars.

When we bring together the various groups of facts concerning natural things, those relating to the elements which compose all animated things, those in another group concerning the vegetable kingdom, and in a third group those concerning the mineral world, and observe the relations that exist between them, the interdependence that exists, how one provides for the other, the complete harmony throughout, and we lean back in our chair and straighten up from our work, perfectly satisfied with it, and our eyes happen to rest on a book before us—the ever blessed Holy Bible—we can but note the harmony another step ahead of all, and busy our thoughts in a greater field.

Can it be that unyielding facts are made at this late day to fit The Book, or is the book made to fit the facts? And how could it be, unless they all emanate from the One Great Intellect that ordered all? All truth is in perfect harmony. Is it evil that induces discord?

The various cereals designed for man's bread contain all the cell salts in perfect balance according to his needs. The soil beneath the growing grain contains the main elements the plant requires. The constant motion of the air, the dews and rains contribute to its growth, and even man's breath yields the plant an element of growth. The grain is cultivated and the soil is fertilized by man, thus showing their interdependence and close relations as parts in one stupendous scheme, for it includes not only man and the fields he tills, but every creature in all time and every plant that ever grew, the earth with all its mines, the seas and all that ever formed or is now forming in their unknown depths. So vast a scheme implies no *small* purpose on ahead.

The human germ depended on the mother's blood. The formation of the brain depended on the germ. The intellectual growth depended on the brain, thus showing their interdependence and close relations, including not only germ and brain intellect, but the entire organism the germ has built up for its dwelling, the brain with all its wondrous faculties and the intellect that

reaches on to other worlds. These things, too, imply a mighty plan, an endless chain that moves all things in harmony.

The *Purpose* is the grandest part of all. It is implied by all truth regarding every single thing under heaven. It is a natural relation that bears with every fact concerning everything. It is required to complement the truths we know, and man's mind cannot comprehend stronger evidence, or dwell on things more sure.

Bichromate of potash is, when taken in proper dose, 1-20 gr., more or less, one of the most congenial germicides in nature. For croup, tonsillitis, sore mouth, etc.

The combination of bitartrate of potash with griping purgatives prevents the griping. A solution of 5 grs. permanganate of potash to 1 oz. water applied to the bottom of the feet for 5 minutes often relieves nervousness promptly and even clears the vision of a glimmering haze common to old people.

Potash in any of its common salts excites the glands and augments the secretions. All baking powder should contain pearl-ash (K. Carb.) in order to induce an improvement on the old-time robust health when salaratus was used.

Many years ago a French chemist proposed cyanide of potash in dose $\frac{1}{8}$ gr. as a tonic in place of dilute prussic acid. The dose of potash in this preparation is not sufficient to gain the potassium effects on the nerves, but if we add 3 or 4 or 5 grs. of potash sulphate, or chlorate to each dose, the effect will be apparent. **R.** Potash cyanide, grs. 5; Potash sulphate, oz. 1; Water 1 pint. Dose 1 teaspoonful three or four times daily. (For "neurasthenia.") This gives 1-20 gr. cyanide and about 5 grs. potash in each dose. The fact that potash has a more powerful affinity for carbon than magnesia has, would lead to the reasonable inference that a potash sponge bath would be more efficient than Epsom salt.

This inference should take into consideration that potash is not so congenial in large quantity as Epsom. That the absorbent vessels will not so readily take it into the system, and may even reject it on account of irritation, like the mucous pores reject Epsom in large quantity. We must therefore try it in order to

know for a certainty to what extent the inference is a fact. Take an elderly person with a cold, pain in half the head (left side), soreness at the base of the brain and a stiff neck. Put 1 drachm potash sulphate crystals in a teacupful of warm water. Make a liberal application on several thicknesses of linen round the neck, with dry flannel over all. Put the patient to bed. Sponge the ears, face and head with the solution. In five to ten minutes the pain is gone, and the stiffness and soreness of the cervical muscles is greatly relieved. The patient sleeps for six hours, and wakes up well.

The inference holds good, and the consideration cuts no figure in the case. Why? Simply because the solution we used was of congenial strength, and potash was the particular salt needed. This emphasizes the fact stated so many times in *The New Field*, that congeniality applies more to the manner of using a drug than to the drug itself.

We had another very pretty little inference, that as Epsom was more congenial, we might mix the solutions, potash and Epsom, and let the former ride in on the Epsom, like a merchant in his automobile. But the experiment shows that the potash has motive powers of its own, and does not need to steal from the fair fame of Epsom salt.

But in all cases where there is low vitality of tissues it is well to combine potash sulphate, nitrate or chlorate with the Epsom bath and application. When every indication of a case is met in a congenial way the results will be more perfect and more lasting. In very low conditions hot sponge bath and applications of a solution of all the cell salts have been many times used with success. Calcium phosphate is insoluble in water, and may be given internally in oft repeated dose of 1 gr. But calcium lacto-phosphate may be used in the bath. All that is required is to meet all the indications, calcium for strength of tissues, sodium for increasing glandular activity, magnesium to secure nervous activity and power, potassium to energize and support the vital principle. The life makes use of chemical reactions, and here are the chemicals used, and we have every-day experiences that teach us the

importance of using them in a congenial way, quantities acceptable to the system. The chemist learns that these same elements have certain weights and volumes in which they will combine with other substances and in no other quantities. He learns that there are laws governing inanimate things as well as the animate. This same thing, *natural law*, when brought into medical practice means congeniality.

It is a difficult matter to know the conditions and the real indications in disease, and it might be impossible to determine in the minds of some who have wasted their lives and opportunities on purely artificial lines. But let even one of these put his fingers on the pulse, and slowly rehearse in his mind, Retention, Invasion, Enervation, Trauma, Poison, and think a minute, then remember calcium for strength, sodium for the glands, magnesium for the nerves, potassium for vital and mental derangements, if he does not know in a moment what ails the patient, and how to cure him, he should be born again and have one more chance to try, one more chance to elude the gauntlet of theory and fit himself to render to the community a fair equivalent for his own daily bread.

But he does know it, and will not own it nor act on what he knows. If the pulse is weak and the nerve power low he knows it. If the pulse is above normal and laboring against a narrowing of capillaries and surface contractions and the artery feels full between pulsations, he knows it all and the whole story of retention. If the pulse and eye show microbic invasion he knows it as well as he knows his own name, but he will not agree to it because he has theorized upon it and denied that it is in the power of a microbe to cause disease. And this overstepping of truths lines was in order to meet and combat another theory, that microbes cause all disease. Thus theorists contend with each other and truth is not the object on either side.

When we treat of The Neck we shall see further the utility of the cell salt bath and applications. We do not know it all, and it is hard to tell at once what we do know.

THE FIVE DISEASES.

That there are but five deviations from the normal, on which deviations all disease depends, is amply proven by the natural method. All symptoms of all manner of disease when traced in a natural way backward to an adequate cause terminate in some of these prime deviations, or active symptom producers. A symptom is produced by a symptom producer, an underlying condition that keeps it produced and prevents the organism from returning to the normal. If all the symptoms of disease are produced by five prime causes, then it follows that these prime causes are the only diseases we have to deal with. For it is plain that the symptoms of disease are not disease, but the evidences of it, and what they evidence is the true condition, that is the disease itself.

These five deviations to which the symptoms of disease are constantly pointing, and to which all symptoms may be traced in a strictly scientific manner, are *Retention*, *Invasion*, *Enervation*, *Trauma* and *Poison*. We have never observed a symptom in any disease condition, which when traced in a fair manner did not relate back to one of these symptom producing deviations. And we cannot understand how it is possible for the existence of a sixth deviation. Therefore we say these five prime conditions are the only diseases in the whole field of pathology.

But we would not have you believe this except in the sense in which we believe, viz., that these five deviations are the only deviations to which we have ever been able to clearly and definitely trace the various symptoms of disease, and we say there are no others because we know of no others. But there are a few symptoms we have never been able to trace and prove the tracings to be correct. So we hold what we know of these just as it is, true as far as we know it to be true, and no further. For instance, the symptoms of syphilis are traced to a specific poison, of an infectious character; unlike any other poison, this poison induces enervation, hence the weak pulse. This tracing is the best we can make, but it is far from satisfactory. If it were true it would,

like all other truth, carry with it the means of proof. We can only say we believe it to be true, and that it is determined in the most scientific way known to man.

But science means knowledge, and the positive knowledge in regard to this disease relates only to the surface, and to do better work we must have better knowledge. So when any one is able to demonstrate the actual condition to be different from what we suppose it to be, we feel bound to accept it, not because he says so, but because it is truth. We owe fealty to truth, not to man, and yet we are glad to honor the man who shows us the truth, and feel bound to help him in every possible way for truth's sake.

Now if you ever trace a symptom to a sixth cause, do not say your tracing is wrong because we said these five prime causes are all, for we could not say that after we had made a fair tracing to a sixth cause. Let us tell what we know, and hold what we believe subject to proof.

The New Field tells all we know about these five diseases and their successful treatment, and reasons upon them at great length, giving case reports, etc., and making the matter very clear. But for fear the reader has not read this first book, we feel, from the great importance of the subject, bound to give the main points in regard to each, and especially to the treatment. For when one learns how to treat these underlying conditions successfully, he immediately becomes master of his art, and is able to cope with any and all the ills of man. This knowledge is not a theory, but is arrived at step by step by means of natural tracings and the natural method. It is proved to be correct by the same means and by success.

When the natural method shall be appreciated by all scientific men nothing will be allowed in medical literature until its truth has been established by natural tracings. What a cheeky thing it is to herald to the world in place of truth, and to supplant the truth, the bare imagination of the mind! It is a crime, the magnitude of which is equal to its results, the magnitude of which is beyond computation. When our literature is purged by the natural method all that worries the student will be gone. And

until that time shall be the student need not worry, for he can use the method and purge it for himself.

RETENTION.

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TREATMENT OF RETENTION.

The treatment is very effective and should never be neglected. The disease in many of its forms is a dangerous one and should receive our best efforts and persistent attention. The first thing is to open the pores of the skin. Sponging the entire dermal surface with warm Epsom water 1 oz. of the salt to 16 ozs. of water; let the sponging continue 10 to 20 minutes, going slowly over the entire body at least three times. This opens the pores and the absorbed drug attacks the thirty or forty enzymes, ptomaines and leucomaines which have been discovered, and the 150 which have not been discovered, robbing them of their carbon and checking the decomposition present and putting it in shape for elimination and energizing the emunctories for the purpose. The condition is

very inviting for invasion, also the tissues are in a weakened condition, therefore calcium and magnesium sulphide 1 grain every three hours should be given. The central nerve power is taxed to its utmost, and sickened by congestion, as shown by the excitement of the pulse and its laborious performance, therefore a tonic is indicated for a short time or to effect. Some vital organ may be embarrassed by the coagulated and decomposing elements of congestion and require the application of carbolized magnesium solution (magnesium sul. 1 oz., carbolie acid 10 drops, water 2 pints) constantly, until the congestion is removed, and if the condition is serious, 1-67 grain veratrine should be given every hour until effect. Also there may be areas of pain which persist after the Epsom bath; these should receive an application of Epsom water, or carbolized magnesium solution. The Epsom bath may be repeated as often as the patient desires. Saline laxative at any time for constipation, bichromate of potash 1-30 grain in solution every 1-4 to 1 hour for sore throat, hoarseness or derangement of menstrual functions. The chronic forms are treated with the same drugs in the same dose, but repeated less often.

The treatment for children is about the same, except the dose of veratrine and all internal medication must be in proportion to age and weight. Other remedies which will occasionally be required are glonoin in threatened heart failure, glonoin with atropine or strychnine or brucine to prolong the effect and as vital tonic. Phytalacca and rumex together for glandular swellings or glandular inflammation. Guaiacol for pain and fever. Acetic acid, inhalation of the hot fumes, in bronchial irritation, ammonia chloride when a stimulant is desired, anemone in functional derangements, especially dysmenorrhea, etc. Apocynin in chronic dropsical affections. Apomorphine in complaints of the bronchii, when there is plenty of vitality, as expectorant. Arbutin in chronic kidney and bladder irritation. Bryonin in pleurisy for congestion, or any effusion causing pain. Cicutine for pain, capsicin for stimulant, chimaphillin for alterative in uric acid diathesis, colchicine for rheumatics, dioscorean for pelvic troubles, emetin or lobelin for expectorant, etc. Macrotoin for chronic pain,

thus tox for alterative in all painful affections, sanguinarine for dyspnea, santonin for stricture, scutellarin for affections of the pelvic organs, and many other drugs of less or greater value. The makers of all these things will nearly starve when the profession learns the value of Epsom salts. More than half the ailments in the world result directly from retention and are retention. Warm Epsom sponge bath opens the pores of the skin and energizes the dermal glands, purifies the blood, sedates the nerves and cures the disease in more than nine-tenths of all cases. It is abortive to this disease. The specific for retention.

INVASION.

The entrance of pathogenic germs, animal or vegetable, into the system is invasion. The organism is probably invaded every day we live. There are various organisms, animal and vegetable, in the water, fruits and vegetables, cereals, legumes, etc., used for food, and even in our drugs, and in the air we breathe. When the blood is rich in cell salts and the nerve power at its normal strength these organisms, whether pathogenic or benign, are appropriated and used to a good purpose in the process of nutrition, but when the blood is weak and deficient in chlorides, oxides, etc., the germs are not destroyed and multiply and produce such chemical changes in the tissues and circulation that a state of disease ensues, which we term invasion. There are many invaders, some of which are capable of producing their effects when the blood and nervous system are in a normal condition, as in variola, rubeola, acne, etc. There is a class of invaders in the nature of a ferment or sporadic fungus between the animal germs and vegetable, approaching so near in character to each that there seems no line of separation. Some of these enzymes are pathogenic and some benign, and it is the same with the waste, or products of germ life called ptomaines, leucomaines, etc. All these principles are chemically carbon, hydrogen and nitrogen, or carbon, hydrogen, nitrogen and oxygen. Therefore by our rule they are all in some degree toxic, and inspection shows that whenever the carbon exceeds 5 atoms to 1 of nitrogen in the CHN group that the sub-

stance is toxic. And in the CHNO group when the carbon exceeds 5 atoms to 1 of oxygen the effect on the organism is toxic. That is, they are all toxic in proportion to the amount of carbon contained. In most instances, perhaps, it is by means of these ptomaines thrown off from germs that invasion produces its peculiar toxic effects upon the system.

We have shown how magnesium, calcium and potassium are able to draw away the carbon from these chemical compounds, forming a congenial compound in their place, leaving only hydrogen in one case and hydrogen and oxygen (water) in the other. We believe these are the main facts concerning invasion.

SYMPTOMS OF INVASION.

A period of incubation, a sense of weariness and weakness which varies with the gravity of the disease, amounting to entire prostration at times. Often some of the symptoms of a common cold at the beginning, but generally a flushed countenance, not the bluish or purplish cast of features that mark the beginning of retention. Often the disease begins with a chill. Perversion of taste, fever, circulatory excitement, aching of the bones, nervous excitement. Later there may be a very high temperature, increasing day by day, and skin eruptions, complete anorexia and the pulse, which was strong at the first, becomes weaker and more excited. Feter is common, cancer, gonorrhoea, smallpox and measles may be diagnosed by the odor. The peculiar eruptions are diagnostic in skin invasions, as acne, etc. The symptoms in retention are caused by congestion and poison in the organism, and the symptoms in invasion are caused by the same thing, with the addition of bacterial toxins, yet the element of retention is generally absent, so that there is a marked difference in the same symptoms as manifested in the two diseases. The toxemia from invasion is more dynamic in character. The changes are usually less rapid than in retention, and the tendency to decomposition, devitalization of the tissues, and local ulceration is greater in invasion. In chronic forms the circulation becomes very weak and the nervous impressions are usually more profound. The loss in

weight is not so rapid during the first few days, but more rapid later than in retention. The loss in weight seems to be progressive. There is a class of invasions termed specific invasions, each having local symptoms easy of diagnosis, and in proportion to the severity of the local symptoms are the systemic effects. These require specific treatment and are better managed with general treatment also to combat the general effects. We use the term specific only as generally used and understood, for all invasions are specific. There is also a class of invasions affecting primarily the alimentary canal and organs of digestion, with many constitutional symptoms in common with systemic invasion.

TREATMENT OF INVASION.

Calcium and magnesium sulphide, 1 grain every hour for ten or twelve hours to destroy the invader and antidote his poison; then 1 grain every four to six hours as a reconstructive. The Epsom sponge bath (1 oz. Epsom salt to 1 pint water), to be repeated often as necessary for the same purpose, to destroy the invader and his poison, also to put the skin in the best condition for elimination of waste, and to control fever. Saline laxative for constipation. Copper sulphate or arsenite, 1-67 grain every half hour for diarrhoea when it may be a symptom.

Carbolized magnesia solution (Magnesium sulphate 1 oz., carbolic acid 10 grains, water 1 pint, m. for lotion or application) for pain, inflammation, congestion, etc. For a chill, sponge the entire body with it. For tenesmus, apply it on a light cloth over the bowels and stomach. For cough, apply it to the upper part of thorax and neck. For headache, apply it to the spine and head and neck. For cramping, colic, etc., apply it over the painful parts.

Veratrine for congestion of internal organs in acute conditions; aconitine for chronic conditions, but very little of either will be required. Hyposulphite of soda 5 to 10 grains every two hours in malaria and other periodic forms.

Potash bichromate 1-30 grain in solution every $\frac{1}{4}$ to 1 hour when the throat, bronchi or lungs are affected. In chronic condi-

tions dose every 3 to 4 hours. Potash chlorate 2 to 5 grains every 6 hours in septicemia. Potash permanganate applications in solution for punctures and tetanic invasion, poison, stings, bites, etc.

Oil cassia, magnesium sul. and potash bichromate in combination for invasions in the alimentary canal, and to give tone to the digestive organs. (Magnesium sulphate oz. 1; oil cassia, M 5 to 10; potash bichromate, grs. 4 to 6; water, oz., 16 M. S.; dose, teaspoonful often repeated.) For chronic forms of invasion the treatment must be spread out over a greater length of time, doses further apart, but the same treatment pushed to the capacity of the system to utilize, with as much energy as in acute forms. Other remedies for invasion are sulphur, acetic acid, menthol, copper phos., strychnine, phytolaccin, rumicin, lobelin, arsenic, verbenin, capscin, ammonia, cicutine, turpentine, eucalyptus, hydrastine, juglandin, leptandrin, podophyllin, quassin, zinc sulphocarbolate. The sulphocarbulates of lime and soda, iodized lime, creolin, creosote and many of the essential oils, etc.

There are few invasions which will not yield to calcium and magnesium sulphide in conjunction with the daily or tri-daily Epsom bath, or carbolized magnesium applications. And no matter what other treatment is determined upon, these should be given faithfully. Calcium sulphide alone has been successful in cancer, it has also failed. Calcium and magnesium sulphide (Slaked lime, 4 pounds; magnesium sulphate, 1 pound; sulphur, 1 pound; sugar, 3 ozs.; mix calcine at 300 to 400 degrees F. for 2 hours in a closed oven) has not failed when the application of Epsom solution (4 oz. to 1 pint water) was used constantly at the same time, though the experience is very limited.

Reasoning backward, we learn that cancer is invasion, because the treatment for invasion cures it, and no other treatment will cure it, and after all that reasoning we are not quite sure that it is invasion, because it is only those congenial chemicals that neutralize ptomaines, absorb cicatricial tissue and stimulate and govern nutrition that have any power over this disease. The pulse in cancer is not exactly like the pulse of invasion. If other potent germicides had a similar influence, then we would be better satisfied of the correctness of our reasoning; but we will stick to our

conclusions, as long as the treatment for invasion cures cancer we will keep it in the list of invasions until we know better.

ENERVATION OR A LACK OF METABOLISM.

is that condition when secondary assimilation is below the normal, below the necessities of the organism for growth, or maintenance in a state of health, perverted nutrition, cell anorexia, or cell dyspepsia. The nerve power is always below the normal and there is a loss in body weight proportional to the gravity of the disease. If it be true that secondary assimilation requires nervous energy, that no chemical change in the process of nutrition can take place in a normal way without the expenditure of this energy, that the oxygen of the blood cannot be obtained by the cells without a supply of this energy derived directly from the nervous centers, and that every other element of cell growth must be obtained in the same way, and that the waste from cell life cannot safely be carried out of the body except the displacement of oxygen and cell elements takes place at the same time, it is readily seen that this enabling nerve influence is of the greatest consequence. It is a matter of observation that a weak sympathetic force makes weak nutrition, and in proportion to the various degrees of nervous strength is the nourishment of the body. The loss of nervous tone may be for an hour or for days, or months or years, and it may be periodic, as in the case of many digestive troubles in malarial districts.

Whatever its duration and manifestation, it is the expression of the one cause, the one disease, the one initial deviation—enervation. We know there is a cause back of that, but we do not propose to trace cause and effect beyond the body. The sympathetic nervous system is as far as we trace it within the body, and the pathological effect on the nervous system is the disease we are to treat. A defense against all external things capable of weakening the sympathetic or of unnecessarily increasing its work and burdens is a prophylactic part of the treatment. A cause traced beyond the body would lose its character of disease, and be only a danger, such as the weather, accidents and the pathogenic germs, etc., etc.

It is the effect on the organism that constitutes the disease and all things sensible to do in the case to restore health and preserve it is the proper treatment. The solar plexus is the beginning of the organism. It developed itself from the cell elements in the parent blood, and threw out its lines of nerve development to suit its inherent nature, and thereby developed the entire organism in accordance with the fiat of a Higher Power.

The sympathetic system is the citadel of corporeal strength and power. Even the brain, mental and will power depend upon it. A disease of the sympathetic is a disease of vitality.

Enervation takes many forms. The interference with the nerve influence may be short and only partial, and the cells may be deprived of their assimilative power for but a short time and no serious consequences result. At other times the nerve force may be so nearly exhausted and possess so feeble a recuperative power that the cessation of nerve supply to the cells is more or less serious, and the consequence is that the cell food, the metallic oxides or phospho-oxides, and albumen, etc., which were destined for the cells is not taken from the blood, the carbon waste compounds from cell life, leucomaines, etc., thrown off by the cells are not taken up by the iron and haemoglobin and carried out to the skin and lungs to be expired, but remain at the cells until they float away unchanged in a poisonous form, to lodge in the weakest and smallest capillaries of lung, kidney or other tissue, there to form congestions and further decompose, the blood in general becoming loaded with albuminous decomposition, and all the tissues of the body sickened by hunger and starvation. The skin and mucous surfaces and the glands alternate in activity, sometimes spasmodically active and again inactive. Thus the albuminous impurities of the blood are thrown on the lungs, liver, kidneys or other vital organs, the very material for which the cells are dying, and which they would have taken if the nerve power had been supplied to them. Why not raise the nerve power and let the machine run like it wants to? Could there be a finer situation imagined for a microbe? If this exudation from mucous surfaces is placed on the ground, the ant will be a constant attendant, and a student might be persuaded to believe that the ant was the cause of it,

and it might be taught and believed until some student demanded a sufficient cause, and that would explode the whole theory. Yet there is no doubt that enervation often results from invasion, as from measles, typhoid fever, etc. That is, the invasion weakens the vitality to such an extent that enervation ensues. There is no objection to the fact that the bacillus tuberculosis should make such an invasion when it is a fact, otherwise there is reason to object, for with that idea the disease is misunderstood and the treatment will not be directed against the true cause and will fail. The pulse in tuberculosis is not the pulse of invasion except when the disease is complicated with real invasion, and then there are other confirming symptoms of invasion.

DIAGNOSIS OF ENERVATION.

The only constant symptoms that continue through the disease, from first to last, are a weak pulse, and a loss in weight and strength. The pulse shows the degree of enervation. The mental condition is not lowered in proportion to the vital forces. The patient is hopeful and cheerful, but a close examination will show he is abnormally so, and the cause is the lowering of the vital or sympathetic half, whereby the nervous balance is disturbed.

Other symptoms not so constant, are cold extremities, sweating feet, night sweats, mucous exudates, pain, fever, local congestion, flabby muscles, cough, purpura, swelling of feet, weak spells, an "all gone feeling," vague nervous impressions, and a discouraged tone to the pulse. The pulse may be quick and moderately full during fever and even at other times, but the impression conveyed is of a weakened motive force, the sympathetic nerve power that governs the heart is weak, and it cannot hide it. When the waste matter in the circulation is thrown on the lungs there is more or less cough, and this symptom may become the most distressing for the time being. When the disease advances to the breaking down of lung tissue there is often hemorrhage, more or less severe and serious. When the waste is mainly thrown on the kidneys, or other organs, there is no cough or marked bronchial symptoms. The proneness to take cold at every change of the weather is generally one of the early symptoms.

TREATMENT OF ENERVATION.

The first step, and by far the most important of all, is the administration of a vital tonic at the earliest possible moment, to raise the nerve power and re-establish the process of normal metabolism. This ends the disease in more than half the recent cases. But when the disease has progressed untreated, or badly treated, until the blood has become charged with decomposing waste, and poisonous leucomaines, etc., the treatment is extended to meet the requirements. Calcium and magnesium sulphide, 1 grain every 4 to 6 hours to build up the strength, guard the alimentary canal from invasion, and to neutralize the chemical toxins in the blood, thereby improving digestion and putting the chyle in a condition less susceptible to the peculiar degenerative changes that are taking place in the organism. Daily or twice daily Epsom sponge bath (Epsom salt, 1 oz.; water, 16 oz.), to open the pores of the skin and energize the glands and neutralize the toxins in the blood and lymph. All night applications of the same or carbolyzed magnesium solution (Epsom salt, 1 oz.; carbolic acid, 5 drops; water, 1 pint) to all congested or painful parts. Also for cough applied to the upper part of thorax and neck, give more relief than all the anodynes that can be used.

When the nerve power responds to the tonic the cells will rouse to take their natural requirements from the blood, and find the supply vitiated and unfit to take, therefore the case requires cell salts from the beginning, so that the blood shall contain what they require. The vital tonic spoken of above is strychnine, or brucine 1-40 to 1-30 grain every 4 to 6 hours, less dosage for children. The cell salts indicated are:

Calcium Phos.	100 to 300 grs.
Sodium Phos.	20 to 30 grs.
Magnesium Sul.	20 to 30 grs.
Potassium Sulphate	10 grs.
Potassium Bichromate	3 grs.
Iron Phos.	5 grs.
Manganese dioxide	5 grs.
Water	100 teaspoonfuls

M. S. 1 teaspoonful every 4 to 6 hours. When there is a catarrhal condition of the stomach, add to the above 50 to 100 drops beech wood creosote. When the nerve power is slow to respond to the tonic give a stimulant, 1 or 2 grains ammonia chloride, after meals. The tablet form of this drug is most acceptable to the patient.

The diet should be light and sufficiently nutritious. Indian bread, or bread of the whole wheat. The commercial Graham flour is not good; take the wheat to mill and have it carefully cleaned and ground. Bran buns are good for a lunch between meals and after midnight. The blood becomes depleted of its cell food during the long time between supper and breakfast, hence the profuse morning sweats to eliminate the excess of water in the blood. The midnight lunch tends to correct this. The nutrition should be proportioned to the amount of exercise taken. Reject meats and eggs and pastry, limit the bread and fill up on buttermilk, vegetables, fruits, etc. This treatment will always be required in severe cases, and occasionally some other drugs will be indicated for special symptoms, such as emetin for bronchial irritation, arsenic for its alterative effect, creolin as antiseptic, sanguinarine for dyspnea, nuclein to improve vegetative powers, bitter almonds, or peach kernels for nausea, and vital tonic instead of strychnine, cherry bark teas for vital tonic, calumbin, quassin, charcoal, elm and oak bark, juglandin, aesculin, cactin, caulophyllin, papayotin, etc.

The negative part of the treatment is the most particular of all. Most patients have been taking cough syrups and other things "good for a cough," before a physician is called. These remedies nearly always contain anodynes, etc., that lull and lower the recuperative powers and treatment can be of no avail so long as the system is kept under their influence. These must be entirely excluded and the reason for so doing must be well understood by the patient, or he will take them on the sly.

The complete suspension of metabolism would cause immediate death, but the suspension is only partial and varying in degree, and thus the symptoms vary and the treatment should vary to suit the case. In a drouth, plants wither and lose weight and

do not flourish because plant metabolism is diminished, not having water sufficient to carry the food and maintain the normal amount in the plants. If the earth furnished no moisture whatever, the cessation of plant cell metabolism would be complete and death would ensue, as when a plant is taken out of the ground with no supply of moisture to draw from. And it would be the same case with the plant if its supply of cell food is cut off from any other cause, it dies. In the diseased and weakened condition of the system the electric supply to the cells is reduced below the normal to a greater or less degree, and in proportion to this reduction is the gravity of the condition.

We have in enervation an adequate cause for all the symptoms we see, and when complicated with invasion the symptoms are just what we should expect from the two causes acting together, and if we ignore the prime cause in the sympathetic, and direct the entire treatment against an invader which we cannot reach with any uncongenial remedy, and never use the congenial germicide that will reach him, or use the remedy too sparingly, or for too short a time, the result will be the same as if our patient was a plant.

The treatment must be adequate to combat the cause, and persisted in for an adequate time, at least until the normal weight and strength are fully regained.

When the tonic has aroused the sympathetic, all the various functions will be exalted, and consequently the mucous surfaces will be enabled to throw out a greater amount of secretions, and the expectoration will be increased, and sometimes the cough will be worse in consequence. This is no bad symptom, though it may alarm the patient. He may think he is worse when he is really much better, much stronger and will soon be gaining weight. There can be no gain in weight until the cells are taking in more than they are giving off, and by this we know that normal metabolism is established and the disease broken, then we have only to continue the treatment until the normal weight and strength are attained.

Now suppose we had not traced the disease to its origin, and did not know the cause and what to expect, even if we had the treat-

ment right in an empirical way. When we had strengthened the sympathetic with our tonic and it had sent out new energy to all the organs, and the mucous and glandular secretions were all greatly increased, we should be afraid that we had stirred up some latent enemy, and that in rage he was throwing all this out against us, and that we better withdraw our tonic and let him cool down. But would that be an adequate cause of the increased secretions? No! It requires energy from headquarters to produce such a result, and the microbes are thrown out with the secretions by the billions. It is the very thing we want and the improvement will be rapid if we persist, but if we withdraw the tonic the nerves will relapse into their former condition, and the disease will progress with greater rapidity than ever. It is very necessary that we know the true cause, and why we do this or that, and what results to expect, otherwise persistence in the treatment would be impossible, and failure the result.

The three diseases—Retention, Invasion and Enervation—are adequate causes for all the pathological conditions that result in a regular way within the body, and other adequate cause has never been found. There are a number of accidents, such as Trauma, Poison and various abuses which are also adequate causes of pathological conditions which are fully understood and generally well treated on sound principles. But to this already good treatment of these conditions we have an anodyne to offer more potent than morphine or chloroform, one that will neither constipate nor derange the glandular secretions, but strengthen the nerves, increase the secretions and render them normal, break up the ptomaines and leucomaines, antidote poisons, reduce fever and purify the blood. There is no diseased condition that is not greatly benefited by its use, and even normal health is guarded and fostered by its daily use.

There is but one such drug on earth, Epsom Salt, in its various forms, as saline laxative. Epsom bath, carbolized magnesia, etc.

TRAUMA.

The pulse tells the condition of the sympathetic nerve power and recuperative forces. The appearance of the eye tells of

the condition of the circulating fluid, and of the secretions to some extent; also of congestion and inflammation if present. The pulse will also indicate these, and correspond with the appearance of the eye. The tongue tells particularly of digestive conditions and will correspond with the eye and pulse in all chronic conditions. In acute or recent trauma the appearance of the eye and tongue is but little changed from the normal or the condition existing before, for the reason that the conditions which change the appearance of the eye and tongue do not yet exist, but may later on; in such cases the pulse is the main feature to consult, and if weak and discouraged we may predict the signs in the eye and tongue. Trauma may be internal or external, inflicted or self-induced. There are a great many traumas of each variety—the breaking of a blood vessel, wounds, injuries from violence, injuries to nerves and other delicate structures by unnatural compression as in habitual faulty positions, etc., are examples; but however induced, trauma is the consequence and the condition to be treated. If the prime cause is continuous, as in the great list of traumas from faulty habits, displacements and errors in dress, the cause must be determined and removed. Fever and inflammation should be treated by frequent spongings with Epsom water, or a constant application of the same; pain should be relieved by application of carbolized magnesium solution (magnesium sul. 1 oz., carbolic acid 15 grains, water 1 pint). This renders wounds, contusions, etc., perfectly aseptic; at the same time it relieves pain. Veratrine for congestion, strychnine for shock, glonoin and sanguinarine for stimulants when indicated. Double sulphide as reconstructive and to prevent invasion, to be continued for a considerable time, as the building up process is necessarily very slow, if it is to be done in a natural and durable manner. There are many congenial remedies of value in the various forms of this disease. The natural way to study a disease is to learn the principles and let the particular conditions suggest the congenial accessories. The idea is to raise the nerve power and hold it up. To keep the skin active, to build up and invigorate the recuperative powers, and to keep the circulation rich and free from waste and its recompositions. The various ptomaines.

uric acid, etc., are built on the same general chemical plan with the waste carbon for a base, nitrogen as the combining element and hydrogen and oxygen as the water of crystallization. The magnesium in the double sulphide has a powerful affinity for carbon; calcium also has a strong affinity for carbon, but much slower than magnesium in its action; these combine with the carbon of the waste and prevent the formation of the ptomaines, etc., in the blood, and to a great extent they draw off the carbon from such systemic poisons already formed, and so render them harmless. Under the above treatment a broken bone will heal in about one-half the time usually required, and other forms of trauma in proportion to the work to be done, without danger of infection from within or without.

POISON

as a disease, is the effect of the introduction of an uncongenial substance within the organism. The effects are various as substances and combinations of substances, and are produced by interference with natural vital functions. The object in treatment is to eliminate or neutralize the unabsorbed and still active portion, and so stop its further action; to counteract and neutralize the part already absorbed; to stimulate the vital powers and the emunctory glands. The emetic or antidote, or both, the drug to counteract the effects being produced in the system, and the drug to neutralize the poison in the circulation, the proper drug to hold up the vitality when indicated, and the proper means of stimulating and invigorating the skin, kidneys, liver and glands in general. The antidote and the emetic are generally well understood, but with the exception of a few of the more common poisons, the drug to counteract the systemic effects is not well understood, for to be efficient it must be congenial. All organic poisons, as far as known to the writer, have the toxic element, carbon for a base, this, in combination with nitrogen and water, forms the poison compound, a variation in the proportions of these elements determines the degree of toxicity of the drug. Whenever there are more than five atoms of carbon to one of nitrogen the substance is toxic, and toxic in the ratio of carbon to nitrogen,

though some isomeric substances vary in their toxic properties. Those poisons which do not contain nitrogen are toxic in the ratio of carbon to oxygen. Magnesium salts are well known antidotes for many of the poisons, and, in consequence of their great affinity for carbon, they should be used in all congenial ways for their neutralizing powers. The sulphate in saturated solution applied to the skin will also energize the dermal glands, and glands in general. The carbonate or sulphate in 10 to 20 grain doses, often repeated, for absorption from the mucous surface of the alimentary canal to act in the same way within the circulation, by drawing off the carbon from the poison. The Epsom sponge bath is a satisfactory treatment, if not the best ever devised, for chronic drug poisoning.

There are hundreds of causes of disease, and if we recognize the cause of disease as the disease we shall never get through with pathology and never be ready to take up the study of therapeutics.

The cause of disease is not the disease, but the deviation from the normal, produced by any cause, is the pathological condition, and that is the disease. External causes of disease exist in nature without ceasing, but there is no disease until this cause has produced an effect upon the organism. No matter what the cause, the pathologic condition which we term disease is always produced in some one or more of these five ways: Getting too warm gives a person a cold as readily as getting too cold, but each produces an inactivity, or closure of the pores, and the deviation is retention. Whatever the cause, retention is the first pathological effect on the organism, the symptom producer, and constitutes the disease. For remove this, that is, open the pores, and no disease remains, the organism returns to a normal condition.

One or a number of pathogenic species may invade the body at the same time and the effect, the deviation from the normal, is the pathological condition, the real disease. We should recognize it as invasion and combat it in a scientific way before the various distinguishing symptoms have had time to declare the particular invader present. The disease is the effect on the organism, not the microbe which produces the effect. And it is the same with enervation, no matter what produces that enervation, the enerva-

tion is the pathological condition, the deviation from the normal. And it is the same in trauma and poison and has always been admitted to be. The club that made a wound never was considered a disease. No matter how great a multitude of external causes, they produce their effects upon the organism in these five general ways, and these five ways constitute the diseases we have to treat, and with this in mind we may diagnose the condition in a moment, and jugulate the disease.

To recognize the disease enervation, who would give a drug that is known to lower nerve power? No sane man. To recognize the true condition of invasion and that the system is putting forth every energy to limit and expel the invader, no sane man will give a drug to destroy or suspend that vital energy and "kill the patient."

We often see cases in which we think *plethora* is the real symptom producer at the bottom of all trouble. But when we trace the symptoms, and find that they all end in one or other of these five physical deviations it serves, like a magnet, to hold us to the right track. When a man is governed by reason, and when reason is exercised in a reasonable way, the natural way, it takes real bull-headed wilfulness, supported by peacock vanity, to fly the straight track, and these things in a scientific man are criminal and serve to betray his ignorance to the smiling world.

Plethora is traceable to good cooking, a sharp appetite, ignorance and laziness. It is not a symptom producer, because it produces no symptoms. It makes one feel stupid, sleepy and good. But it gives rise to the blood toxins which do begin to affect the system in some one of these five ways, and is one of the circumstances making disease possible. Plethora of itself produces no deviation, because it enables one to do a vast amount of work to use up the nutriment abundant in the blood, and if this is done the requirements of health are fulfilled. It takes stupidity and laziness to give plethora a pathological appearance.

We examine a patient in the old way; we think we know what ails him and how to treat him—and I guess we do. Now, if we make a natural tracing and reason on the case in a natural way, we will be surprised to find that it will have an influence

on our former opinion as to what ails the patient and on our treatment of the case, and still more surprised to find that the little changes we have made bring phenomenal success. And after while we will realize that these little changes are very nearly "the whole thing."

JATROPHA STIMULOSIS.

(Bull Nettle.)

This plant is abundant throughout the Southern States. It is a species of *Solanum*, and some say it is identical with *solanum carolinense*. However that may be, there are several varieties of bull nettle, all possessed of about the same medical properties. The variety we use has a bloom having the appearance of a potato bloom, which appears in May, and the plant continues to bloom and fruit during the entire season. The fruit is round as a marble and about the same size, of variable size. It is dark green and has a strong tomato odor when bruised. The taste is acrid and unbearable. When the fruits ripen in autumn they change to an orange color.

During the growing season the whole plant, root, top and fruit, is used; at other seasons only the green root, or the dried whole herb. The drying process is very tedious, requiring two months or more. Hung up in small bunches in a store room from October to February and then packed in a barrel, it moulded and spoiled. We hang it up in small parcels and leave it drying until wanted for use. The root, leaves, stems and fruit are medicinal in the order named.

We have tried a great many ways to prepare it for use. Tinctures are worthless; a solid extract was prepared from 4 lbs. of the dry herb by a competent chemist in a northern city. All this was given to one syphilitic patient without the least abatement of the symptoms. The tea from the green root, or the whole green plant, gives the best results. But few failures are reported, and we are not sure that there has been a single failure to cure the

element of syphilis in any case. We consider it a specific for syphilis and scrofula, and when complications are properly treated at the same time, the patient is speedily cured.

The tea ferments in a few hours, but does not lose its curative properties. Dr. C. V. Crooks, of Omaha, made a strong decoction and preserved it with glycerin, which kept its strength and elegant appearance for more than a year, but 4 to 6 tablespoonfuls were required for a dose. It must be concentrated in some way, and evaporation spoils it. So we tried steam as a means of extracting the active principle of the plant. Chicago furnished us an apparatus for the purpose. One hundred pounds of the green herb were run through an ordinary feed cutter, and placed in the apparatus and the steam turned on until 100 pints of the distillate were obtained.

The residue herbs were rendered tasteless, and the distillate had the odor and taste of the drug. Numerous tests were then made to determine the dose and prove the work. This experiment was very successful, and we branded our new production *Fluid Extract of Jatropha*.

It has been sold to hundreds of doctors, and has given as near perfect satisfaction, considering the variability of the diseases treated, as any drug can give. It will do what the tea from the fresh herb will do. It changes the odor of syphilis in twenty-four hours, and cures the disease in a week.

The strength of the average standard extract, pound for pound, is what we aimed to make, and were successful, but we have since been anxious to know if it cannot be greatly concentrated, so that a teaspoonful will be a dose.

See price list at the close of this book.

Also see tablet No. 26, Jatropha with stillingia.

SYPHILIS.

Syphilis is an undefined infectious disease. Natural methods show it to be from a *poison* which soon induces *enervation*. We

may therefore consider it a double disease, with a vast latitude of symptoms and manifestations, as the one element or the other may preponderate.

Treatment. Give one tablespoonful of the fluid extract of the *Jatropha stimulosus*, or 4 tablespoonfuls of the strongest tea from the plant, every 3 or 4 hours during the first day of treatment, then 4 times daily for one week. Then wait a week, and if there is a return of symptoms repeat the treatment for another week. The element of enervation should receive a suitable tonic to raise the nerve power, which should be continued from the beginning of treatment and continued as long as indicated without a break.

Strong diet, alcoholics and exposure should be avoided.

Tablet No. 24 is the best tonic we have used. See list at the close of this book.

Our tablet No. 26 is equally efficient in the cure of syphilis, scrofula, etc. It consists of *Jatropha* root, 1 gr.; *Stillingia*, $\frac{1}{2}$ gr.; Double sulphide, $\frac{1}{2}$ gr. Dose, 1 every 4 to 6 hours. No other drug required, as this tablet carries the tonic, alterant and specific. Express rates on the extract were so high to foreign countries and to California that this tablet was devised to overcome the difficulty. The doctors say it is equal to the extract. Beside the saving in expressage, the tablets are more economical; 50 cents' worth cures an average case, while it requires 75 cents' worth of extract to do the same work. We want to quit the manufacture of the extract as soon as we can produce the tablets in sufficient quantity to meet all demands.

RING WORM.

Ring worm is a long story, and you have not time to read it. It is an invasion, therefore the treatment for local invasion is indicated, viz: From $\frac{1}{4}$ to 1 grain double sulphide, according to age of patient, every hour for 8 or 10 hours, then less frequently, 4 doses per day will do after the first day. Also apply strong Epsom water (Epsom salt, 2 to 4 oz. Water, 16 oz.) to

the affected parts constantly, and sponge the entire skin with the same daily. And quit when it is cured, which will not be long.

As a prophylactic for those of the family not affected, 4 doses of double sulphide daily will be sufficient. A liberal dash of Epsom salt in their bathing water will pay on other accounts, but is not necessary to prevent invasion.

The invasion is of fungous character and only congenial remedies can be used rationally against it. A treatment that will build up the home tissues and at the same time destroy parasites is the only one that will give prompt results and satisfaction.

In the treatment of cancer the same problem presents, and the above rational treatment is found successful. Hold up the nerve power in all manner of disease.

VARICOSE VEINS AND DROPSY.

TREATMENT.

- 1st. Daily Epsom sponge bath.
- 2nd. Raise the nerve power.
- 3d. Applications of warm Epsom water (Epsom salts 2 oz. Water 16 oz.) to affected parts.
- 4th. Correct the diet so it will meet the requirements of the cells as nearly as possible, all things considered. One pound of Epsom salts is worth one hundred pounds of meat.

CAMP ITCH.

TREATMENT.

- 1st. Give internally 1 tablespoonful of Jatropha Extract every 3 or 4 hours during the first day (less dose to children under 12,

in proportion to age and size), then 1 tablespoonful three times daily for a week.

2nd. Also give 1 grain double sulphide every 2 hours during the first day, with the *Jatropha*, or between doses. Then three or four doses daily for two weeks; less dose for children. This cures the disease; there is no failure.

CATARACT.

TREATMENT.

1st. All night applications of strong Epsom water to face, temples and neck.

2d. Daily Epsom sponge bath.

3d. Correct anything wrong in the diet and habits of the patient. Allow no green goggles or other glasses.

No. 5 tablet is suited to the condition. See list in the back of this book.

CHRONIC RECURRING APPENDICITIS.

Appendicitis is a disease caused primarily by toxic blood. It never yet occurred in a person with pure blood; no, not even from injury. This consideration fixes the disease as a blood poison and outlines the proper treatment.

1st. Cut off the source of the poison in the diet. Choose the diet from the low class, limit the medium class and forbid the high.

2d. Daily Epsom sponge bath, and large applications of strong Epsom water to painful parts.

3d. One grain double sulphide, 4 times daily for a year.

Our No. 5 tablet, Potash Bichromate and double sulphide, is most excellent. (See list in the back of this book.) This cures

the fashionable disease, but what will cure the fashion of choosing the diet from the richest things in nature without regard to labor performed, we do not know.

Certain men want to carry the idea that "brain workers" require a rich diet. There is no such a thing as a brain worker; he is a thinker, and the thinking is done with the mind, and requires blood clear of irritating toxins, and this comes from a diet from the low class. A toxic blood does not produce a clear head and mental activity.

DYSPEPSIA.

Fact 1. Nervous symptoms of various degrees at different times.

Fact 2. Foul stomach secretions. Indigestion.

Fact 3. Capricious appetite.

There is no end to the facts concerning dyspepsia, and we may put down all we know, or the principal ones, as we choose.

In most cases the capricious appetite dates away back of all other symptoms. This overloads the blood, exposures, etc., may serve to precipitate symptoms, form toxic elements and compounds from decompositions in the blood. Nerve irritation and intoxication are in proportion to toxicity of the blood, hence the great variety of forms and degrees of disease. The glands draw their secretions from this toxic blood, and are affected by its toxicity and become erratic in function or passive under the toxic influence. Thus the facts are bound together by relations too plain to be misunderstood.

Treatment. Cut off the source of the toxins in the diet. Raise the nerve power. Neutralize the toxins. Any kind of treatment that will actually do these things will succeed. Tablet No. 22 fills the requirements. See list at close of this book. Dose 1 tablet 4 times daily.

CHYLURIA.

This is a term the great Burggreave used, and we must not speak of it disrespectfully, though anyone knows there is no chance for chyle to appear in the urine. We understand the urine is of a milky appearance, as if mixed with chyle.

The condition is generally preceded by exhaustive mental exertion, excitement or serious nervous depression from some cause, that the pulse is weak in keeping with such a condition, and that the process of nutrition is impeded, the body losing weight, or dropsical, or obese, and the nutriment in the blood only partially used and in a decomposing condition, which added to rapid cell waste, is thrown on the kidneys for excretion. This is an adequate cause of the condition.

Treatment. Rest in bed. Frequent Epsom sponge bath, to stimulate the skin and relieve the kidneys. Warm applications of strong Epsom water to the lumbar spine to remove any renal inflammation or irritation. To stop the waste, raise the nerve power by means of tonics which will not irritate the spinal nerves (strychnine is contra-indicated, there is nothing better than our tablet No. 22, see list at close of book).

Diet. Fruits, vegetables and milks, all the patient wants of these. Cure in one week.

REACTION.

Observation. Plunge the hands into very cold water and hold them there motionless. The first sensation is vigorous contraction. They become visibly smaller. The skin becomes pale, the nerves are contracting all the tissues, especially the capillaries, in order to shut the blood off from the cooling influence and preserve its vital temperature. Take the hands out of the cold water and dry them with a towel without friction, and you can feel the nerves relaxing as plainly as you felt them contracting, provided your attention is kept on the changes taking place. You can see

the blood returning with *more* than normal vigor. You can see the tissues filling out with *more* than normal plumpness. You can see the color of the skin *more* ruddy than normal. You can feel *more* than normal warmth in the parts.

Reaction is a power in therapeutics but vaguely understood, because we fail to ponder the facts concerning it in a methodical way. There may be only a few men who really know what reaction is, how it may be induced in a congenial way and the great benefits that follow it. Nature sets it up of her own accord, in her own defense, with the best of results, therefore it is natural, and we may assist nature whenever we please, provided we work in her way, in her harness.

The barbarous method used in the experiment is on purpose to induce a pathological condition of contraction in order that we may observe the phenomenon and nature's method of overcoming it. We might have used friction with the towel in drying the hands and have so hastened reaction, or we might have sponged the hands with warm Epsom water and have obtained the same result still quicker, with greater therapeutic power and for a longer time.

When the pathological condition of nerve tension and tissue contraction on the surface, with its attendant congestion of the deeper tissues and vital organs exist, the speedy induction of natural reaction is of the greatest importance. Nature is not demanding that the pathological condition be deepened and augmented and rendered more dangerous by any procedure that will further contract the nerves or prolong the condition. A good doctor once wrote a rule concerning this: "Never put anything cold on a shriveled skin." We did not know what he meant, neither did he, but he mentioned a few sudden deaths of weakly persons that had occurred in his experience that proved the truth of the rule. If he had made a natural tracing and formed his rule to fit the exact condition revealed we would have understood it, and he would have been able to demonstrate it to such as do not wish to understand, and force the truth upon them, so that the transgression of his rule would carry with it a criminal responsibility.

The experiment furnishes us eight facts relating to the condi-

tion, while if stated as observed, show a natural harmony too plain to be overlooked. (1st) The contraction and nerve tension results from the coldness of the water. (2d) The shrinkage in size is from the contraction. (3rd) The paleness is from the shrinkage and closure of blood vessels and so rendering the tissues almost bloodless. Then we took the hands out of the water and dried them without friction, and (4th) we felt the nerves relaxing. That is the first step toward reaction, making reaction possible, the first effort of nature. (We would not have noticed this nervous relaxation unless our attention was particularly directed to it, so natural and congenial is the influence, the very opposite of the contraction which was so prominent.) (5th) We noticed that the blood returned with more than normal vigor. The vigor that caused the blood to return is in the nerve power and constitutes reaction. (6th) The filling out of the tissues with more than normal fullness is in consequence of the relaxation and vigorous circulation put forth by the nerve power. (7th) The color became more ruddy from the vigorous circulation. (8th) The warmth became more sensible than normal from circulatory activity and chemical reactions at the cells, in consequence of the increased vigor of the nerve power in supplying the cells with positive magnetism, and from the greater supply of blood.

It is a *natural* reaction and each thing comes along as the natural sequence of what went before. There is no room for relations to exist between the facts observed, because it is a very simple and complete observation. But suppose our facts had been taken at random and only two or three of them of undoubted truth, as is generally the case, then the other facts would appear as natural and necessary relations that must exist. Any three of these facts will show all the others and the harmony will be as complete as it is.

The good doctor that learned from sad experience never to make a cold application to a shriveled skin, could have known by natural tracing that this condition means nerve tension, and that the volume of the circulation is thrown on the deeper organs, and that relaxation is the first step toward reaction, and that

warmth, friction, massage, veratrum, potash bichromate, ipecac, lobelia, etc., will assist nature in its first step. And that warm Epsom water sponge bath and application will assist nature, not only in the first step, but in all her steps, even to the neutralizing of the toxin that caused the tension and the opening of the pores for its final elimination.

It would require a volume to contain the lore concerning nerve tension and its consequent closing of the dermal pores, and imprisonment of the toxic elements constantly forming in the blood. Retention is the symptom producer and real deviation in more than half of all human ailments. Nerve tension produces it. Relaxation and reaction are the counteracting influences that relieve it, and to assist nature in her efforts is our art, even before she makes any efforts go at it and rouse her up and force her to utilize the means we put in her hands.

LINIMENTS.

For a good liniment, or pain reliever, take one pint of coffee, two oz. Epsom salts, Ft. Sol. Apply it to the painful parts with the hand, or a sponge, and slowly massage the parts until the solution applied dries—about five minutes. The application relieves the nerve tension and opens the pores of the skin and the massage induces reaction, and the result is quicker relief than can be had from any known anodyne, and the effect is physiological and of real benefit, if not a complete cure.

When pain results from the deposits of urates, or any mineral recomposition, the permanent cure must be sought in raising the nerve power, and a diet from the low class. Even in such cases the above liniment, or a constant application of strong Epsom water is of great advantage. The liniment may be made with vinegar, or plain water instead of coffee. Any kind of herb teas may be used as the solvent, such as lobelia, mullein, bears-foot, night-shade, poke root, peach leaves, cedar or pine needles or bull nettle. For the formula of as good a liniment as this (there can be no better), containing no Epsom salts, we will give a copy of The New Field, worth \$100.00, to any practicing physician.

DILATATION OF THE BOWEL.

1. Dilatation of the large intestine is the result of fecal impaction, and happens to meat eaters and gluttons.

2. Refusal to pass the feces in obedience to nature's promptings produces impaction and constipation.

3. Impaction produces atonicity of the nerves, which govern peristalsis.

4. Decomposition of meats and other nitrogenous foods gives rise to more virulent toxins than result from a diet from fruits and vegetables, milks, etc.

5. The pulse shows the effect of toxins in the blood; also the eye is clouded with the sulphurous tints from decomposing albumens in the blood.

There are two deviations apparent:

1st. The diet being too rich for the amount of exercise performed. In arduous labor the diet can hardly be too rich to supply the demands of the system, but with little or no labor, a deviation must occur.

2d. The refusal to pass the feces at the proper time until the nerves become apathetic and tolerant and partially benumbed from compression, and partially or totally intoxicated by the carboniferous compounds that result from the elements set free, constitutes a serious deviation, which is always found to be an adequate cause of the condition present, be it ulceration, perforation, gangrene, or death.

Dilatation is a terrible condition. There is no peace, no moments of solid natural comfort, no real rest and no sleep worthy of the name. It is an internal chronic crucifixion. The mind becomes affected by the imprisoned toxins that load the blood. A terribly annoying kind of general aberration is all the time apparent. I would not believe one of these patients on his solemn oath any more than I would believe a person under the influence of a less virulent toxin—alcohol. Mixed liquors produce the most insane kind of intoxication, and our patient is suffering from a greater number of toxins than were ever mixed in a cup and

for a longer time than ever a drunkard went on a spree. Sometime it may be a pertinent question for a lawyer to ask the witness, "When did your bowels move?" "Let me look at the whites of your eyes?" etc.

The large intestine often becomes dilated to enormous size, and fecal gases load the breath and perspiration. The skin seems to be the compensating organ, and fecal and uric odors are given off to such an extent that the sufferer is actually ashamed to appear in company.

There is but one way to cure the condition, that is to correct the deviations that produce it, and if the facts were not set down so we could reason on them, we would never think of that *only way*. The patient complains of all manner of headaches and stomach troubles, "nightmares," etc., same as a drunkard complains, even of the deeper spells of intoxication when he must lay down. And the freaks of the appetite are the same in both cases, never two alike, but always freaky in every case. With all this medley of bewildering symptoms is it any wonder that we fail to grasp the true situation and make a miserable botch of the treatment? We must have the real facts and must use the natural method in dealing with them.

TREATMENT.

1st. Choose the diet from the low list, fruits, vegetables and milks. Limit the use of breads, potatoes, beans, etc. Reject the high class, for a time, completely.

2d. Unload the bowels by injections of warm water, in increasing amounts. A pint or more at first, then pass it off, and immediately inject a greater amount and pass it off, then immediately inject a still greater amount, and so on, until the bowel is completely emptied, three to six injections are necessary. Then medicate an injection—a tablespoonful of Epsom salt in two or three quarts of water, retain it in the bowel as long as possible in order that it may exert its healing and stimulating powers, and antiseptic influence on the paralyzed nerves and infected mucous coats.

3d. Direct a copious injection every forty-eight hours, followed by a medicated injection as before. This to be kept up until fruit time, when an unlimited irregular supply of fresh fruits may be had just as the appetite may demand in a natural way.

4th. Discontinue the injections and direct daily Epsom sponge bath to neutralize toxins in place of the medicated injections. And particular attention to the natural rectal promptings to void the feces.

At this time the bowel is found to have returned to near its normal size and normal functions. There may have existed, as a part of the condition, a weakened nerve power, which should be treated in the beginning, or there may have been faulty habits, which, by all means, should be corrected. The stomach may require congenial antiseptics, as a part of the treatment. There may be specific disease to eradicate, but in no case can the treatment of these minor things constitute a rational or successful treatment of the real colonic trauma under consideration.

To be successful, we must have our facts in a row, where we can put our finger on them, and reason upon them in a methodical way. We must discern the real deviations and correct them. Then we must know of a drug that has vitalizing powers, a healing antiseptic, one that will draw the carbon from all manner of toxins and destroy them without the resulting combination being more toxic than the toxin destroyed—a drug just like Epsom salt. Then we must storm the headquarters of the toxins with that drug, and so continue until the mischief done is completely repaired and a degree of natural stability is induced.

The relief is complete from the start. It is a chronic trauma associated with poison, often drug poison, and yields slowly, but surely. It is easy to treat and success is certain if you get the facts down in a row. No two cases are alike, and the same row of facts and the same particular treatment will not do for every case, but the same natural method succeeds in all.

ANEURYSM.

Fact 1. A laboring heart and arterial pressure.

Fact 2. Nerve tension and various nervous symptoms.

Fact 3. Capricious appetite, sometimes insatiable.

Fact 4. Plethora.

There were many other facts, the language was plain and abundant, and constantly repeated. A fool could read it if he tried, but the wise must try, and perseveringly try, or never be able to read. Eleven doctors examined the case in one day, and not one gave the patient any hope. Not one of them had ever gone as far in real therapeutics as ab, ad, ac, and how could we expect them to read or do anything? But there was not one of them but who could not take a piece of paper and write down the above facts, and then look between the lines for the natural relations that link the facts together.

The capricious appetite gives rise to plethora. The plethora gives rise to decompositions; from these toxins result; these irritate the nerves and cause general nervous tension, at times intense; this contracts the capillaries, this causes arterial pressure and a laboring heart. It is the nature of living tissues to dilate under constant pressure, hence the aneurysm.

Treatment. Choose the diet from the low class, and satisfy the appetite. As constipation is complained of, put a liberal amount of stewed prunes in the bill of fare, at least six or eight prunes at each meal, and six to twelve between meals.

The daily Epsom sponge bath and a teaspoonful of laxative syrup t. i. d or enough to neutralize toxins in the blood and give rest and quietude. A small dose of veratrine to relax the capillaries, often as required.

A constant application of strong Epsom water over the aortic curve (the seat of the tumor).

The patient felt some better in less than an hour, and has improved steadily to the present. The tumor has decreased considerably in size. Is not painful, and patient thinks she is getting

well. What do you think? (Later, recovery was complete and very rapid.)

Bichromate of potash is an excellent thing to relax nerve tension, therefore we prescribe for a tonic in this case our tablet No. 5, 1 tablet 4 times daily. See list on last pages of this book.

ENERVATIONS.

The enervations comprise a great list of diseases and disease conditions, no two cases exactly alike in all respects, but in the one respect of vital insufficiency they are all alike. Dropsy and pulmonary consumption are exactly alike in that respect.

All the symptoms are traced back to vital insufficiency or enervation, as the symptom producer, hence it follows that if you raise the nerve power and sustain it you cure the disease immediately, no matter what the name of it.

This matter of raising the nerve power is one of the most important things in therapeutics. It is the point we all fail on so many times that failure is the rule and success a questionable exception. We know we are right and have the means of success in our hands and do our duty the best we know, and yet failure confronts us once in a while. But the fact stands firm as a rock—*Raise the nerve power and cure the disease.* We never give up under any circumstances, and so we look around us for the causes of failure, and we find it in the circumstances, the environments that surround us, and also, by very close scrutiny, we find our own notions somewhat at fault. We have always considered the pulse as the index of the nerve power, and that is correct under certain circumstances, and the *circumstances* are the things that baffle us.

It is impossible to describe the multiplicity of circumstances and never ending combinations of things that conspire to thwart our best endeavors. If they could be described, then they could be learned and wisely provided against, but from the nature of things it is impossible to learn them, and so we drift along and

only recognize the difficulties by their fruits, when it is too late, and even the sad experience is profitless, for we shall never again meet with the same combinations.

We had better surrender and quit than drift along with every one else in such discouraging conditions. We feel the need of something, we know not what, but it is a relentless necessity. It must come from some great source, superior to the grace of God, or we may not recognize it when it comes, for it will come. There never was a necessity felt like that, but relief came, and was even found to be at hand, pre-provided against that very thing. As the new-born babe finds the maternal bosom, so may we seek the riches of nature's breast, day by day, each time for itself, soul-satisfying and complete. There is no such a thing as failure in the natural way; failures are failures to walk in the way; they are not failures on her part, but on ours. We keep our heads turned the wrong way.

The natural method lifts us out of the old ruts that lead to failure. It enables us to begin at home and square our own notions to the truth or to throw them away and have no notions. That idea of ours, that the pulse is an index to the nerve power, is partly true. Which part? We consider strychnine as the best means of raising the nerve power; that is true only under certain circumstances, and the whole matter must be construed in the light of circumstances. In retention and invasion, and various inflammatory conditions the strength of the pulse is more an index of the disease than of the nerve power. In sclerotic conditions it is the same. In all these conditions the true idea is that a weak nerve power is being taxed to force the blood round against obstructions, and what to do is a puzzle. A puzzle ought never to be allowed a moment's consideration. Think of the babe, turn instinctively to nature. Like the babe, scratch out the treasures and milk them to your own capacity to hold.

Make a tracing, find the cause of the obstruction, relax the capillaries, give the nerve power a rest, and all will be plain. No matter what the circumstances, or whether ever a man encountered the same before, a recurrence to nature, a fair tracing and humble vigilance will conquer all.

In the enervations, where we would expect a weak pulse, we often find it of more than normal strength, but it conveys the idea of obstruction and a laboring heart, and aside from that idea the vessel remains full and tense after the pulsation, showing pressure in the rear. The templar arteries in many old people become prominent, crooked, elongated and kinked from capillary obstruction, and by placing the finger on the artery, the character of the pulse in obstruction may be studied. There is a wide difference in the character of the pulse in obstruction and in invasion and retention. That the vessel remains full after the pulsation is a characteristic that no one could fail to note. But when the pulse is well learned, the idea conveyed, the language of disease, will be understood as well as any language in the world.

The main cause of obstruction to the circulation is sympathetic tension, by which the capillaries are narrowed so much as to cause the condition. Another cause is earthy deposits in the capillaries, arterioles, veinlets, etc., which cause only local obstruction, as in some sclerotic conditions.

Enervation is the easiest of all the five symptom producers to diagnose, no matter whether the pulse is weak or strong there will be undoubted symptoms to decide the case, the weight or strength or both are usually declining, and having each of the five diseases in mind the doubts are quickly settled. There is such a wide difference between them that a mistake is seldom made by a careful observer.

The appetite is generally periodically capricious, and if rich foods are allowed the blood is sure to be overloaded and toxic from decompositions, and glandular effort to eliminate the toxins will load the lungs with albumens and purulent secretions. In like manner the kidneys do their best to free the blood; also the skin pours out a spasmodic sticky sweat that fairly drips from the patient, and at other times it becomes dry and inactive. It is a lack of central sympathetic nerve power that causes all this, and the real deviation is very simple.

Raising the nerve power enables the cells to take their food in the blood, choosing the diet from the low class prevents the blood from becoming so extremely toxic and corrupt. The daily,

or oftener, Epsom sponge bath cleanses and energizes the skin, neutralizes toxins and relieves the lungs and kidneys in a wonderful manner. It surprises us every time.

Thus the chronic enervations are not only easy to diagnose, but easy to treat. The only hard thing about it is to keep our *drugs* where they will do no harm. We can weaken the stomach with pepsins, weaken the central powers and almost destroy peristalsis with a vengeance until his strength fails. We can clean him out with purgatives until he becomes unclean all through and all over. It is antiseptics that make a person clean, not purgatives.

Prof. Wm. F. Waugh has studied this line of treatment out to perfection, and of the great number of antiseptics tested, Epsom salt, in the form of Abbott's Saline Laxative, takes the lead. Why? Because natural method shows that it actually destroys a toxin by breaking up its chemical composition. The glucosides are carbon, hydrogen and oxygen, often combined with nitrogen, the leucomaines are carbon, hydrogen and nitrogen, generally combined with oxygen, the ptomaines are carbon, hydrogen, nitrogen and oxygen, all the septic recompositions having the poison carbon for a constituent base, and it is this the Epsom draws away and so breaks up the toxic component, no matter whether it be glucoside, leucomaine or ptomaine.

Figures show that it is possible that 72,000 of these systemic poisons may exist, but suppose we drop down a few hundred, still there would be so many that it would seem foolish to study any particular one, but rather study the whole as a class. Uric acid is one of them, and there has been enough time spent on it, which if used in a natural, methodical way, sufficient to straighten out our whole science and install it in its rightful place at the head of all. The study of Epsom salt robs the toxins of all their dread significance. There is a way to use Epsom salt, outside and inside, either or both, to control the whole 72,000 toxins. The most successful men in the world are using Epsom salt in proportion to their success.

The same natural method, that reveals the riches of magnesium, when applied to the other cell salts, shows each one to be antiseptic and having no less wonderful powers in the organism,

though less apparent, hence the signal benefit so often observed on giving a chronic patient all the cell salts together, shotgun fashion. They are all together in every grain of corn and wheat that grows and there can be no inconsistency in following nature.

But mind you, how easy it would be to incorporate with them an anodyne to meet the indication of a distressing cough and spoil the good effect of all. Why not meet the indication in a better way, the cell salts internally and liberal Epsom water applications externally and neutralize the toxins that irritate the nerves in many ways beside cough? Also why not cut off the source of the toxins by ordering a more liberal, more pleasing and better diet from the low class? It can be done, and when done it is done. An ax is for chopping, but before we can chop to do any good, we must study the ax and know how to handle it, then we must persevere in its use and not get tired and lazy.

IMPORTANCE OF DIETING.

The most distressing symptoms in chronic disease arise from toxins in the blood. These arise mainly from decompositions of nutriment which the cells were unable to assimilate, a small amount of toxins arises from decomposition of waste retained in the blood. It is seldom, even when waste is excessive, that it is the chief source of decomposition.

In chronic disease the appetite is capricious, and the blood becomes overloaded with nutriment far in excess of the capacity of the cells to take under the prevailing circumstances and condition of the enfeebled nerve power.

Therefore it becomes of prime importance to restrict the diet to the capacity of the cells to assimilate, and so cut off the source of the main volume of decomposition, from which the toxins arise. This is best done by dividing all edibles into three classes—*high*, *low* and *medium* in nutrition. Select the diet from the low class, restrict the medium and reject the high.

All chronic disease will be greatly benefited by proper dietary regulation, and many advanced cases cannot be cured without it.

INDICATIONS FOR DIETING.

As a general rule say nothing about the diet. It is unwelcome advice and patients do not wish to hear it. They have more faith in drugs than we do and wish to be treated with drugs. But when the indications for dieting are prominent it becomes a matter of concern and we must manage in some way to carry it out in an acceptable manner.

When we speak of *dieting* the idea of starving and longing for days and weeks for something that is denied is conveyed to the patient, and he feels grieved. This is wrong. We should say nothing about dieting as generally understood. We may diagnose plethora or toxemia and prescribe a more generous diet carrying a greater amount of natural fruit acids, vegetable acids, etc. A better diet, greater in quantity, of finer articles, costing more, more pleasing to the taste and the imagination. There is nothing fine or refining about meat, eggs or grease, and these are the things we intend, not so much to cut out, as to crowd out of the diet when the indications seem to point to the conclusion that our success depends on doing so. We can manage it so as to please the patient, and never offend him in the least. We can have his hearty co-operation and sanction to all we do if what we propose to do is necessary.

It is not the fruit and vegetable acids we are after in particular, but the fruits and vegetables as a bulky diet carrying a low percentage of nutriment, for the purpose of putting no more nutriment into the blood than the cells are able to take under the circumstances. The patient may be weak and losing weight, and everyone say you must feed him or he will die, while they know the more they feed him and the richer the diet the weaker he gets. They never stop to think that nutriment is of no use without assimilation, and the richer the food the more toxic the blood will become, the greater the nerve irritation and graver the symptoms, and consequently the less the assimilation and more rapid the decline in strength and weight.

Everything that can be traced in a natural way to decomposition of nutriment in the blood is an indication for choosing the

diet from the low class. Bronchial and other mucous exudates, bad taste, foul or acrid stomach secretions, gas in the stomach and bowels, eructations, nerve irritation, all pain, rheumatism, neuralgia, itching, eczema, dullness, drowsiness, stupor, ulcers, congestions, fever, cough, asthma, nerve tension, blood pressure, plethora, dropsy, constipation, irregularities, backache, derangement of the mental faculties, despondency, etc., when these may be fairly traced to decomposition of nutriment in the blood, toxemia, auto-intoxication, etc.

When we arrange the diet so that the patient shall eat all he wants and put only one thimbleful of nutriment into his blood instead of a pint, and of a quality not so prone to decomposition as meats, eggs, etc., then in the most intractable chronic disease congenial medication will surprise us all. For instance, the exudates in bronchitis are absent in three days to a week, and the disease is cured as soon as the strength can be restored, and it will surprise us again that this low diet will restore the strength faster than a diet from the high class. If disease was an entity, and you could take hold of it by the throat and strangle the life out of it, the deliverance would not be more surprising.

Nursing women should eat no eggs, no cheese and as little meat as possible. These things are so prone to decomposition that in some conditions the nutriment becomes toxic by the time it reaches the breast, and the child is slowly poisoned to death, for in its own veins the toxic nutriment becomes still more rapidly toxic.

PARALYSIS.

Paresis and paralysis result from any nervous lesion interfering with nerve impulses and influences. It is generally a trauma from without or within which causes compression on the nerve trunks or on nerve filaments within the spinal canal. (Well illustrated by the effects of the new craze of spinal injection to produce anesthesia.)

The immediate cause may appear to be a wasting in the cord,

but this is traceable further back to trauma of some sort, often aggravated by alcoholic or other poisoning, bad habits, irregularities in diet, etc.

Retention and invasion may also become accessory factors in its production. Sitting at a school desk for hours at a time, with the same side exposed to whatever draft there is in the room, then on the play-ground be struck on the spine with a hard ball, and you see what might follow, and wonder why it does not always follow. Two boys wrestle and one is thrown heavily with the back of his head striking hard ground. He is up in a moment and throws the other in like manner, and neither one develops a symptom of paralysis, and leaves us wondering why. But sometimes one, or both, do develop such symptoms, headache, numbness and tingling of the extremities, etc., which may go on to induce congestion, inflammation and compression and final paralysis.

In just one moment now we can see as much as we can in an hour later on. The tracing above suggests the heathenism of our system of popular education, and our duty to give it our best thought and the adoption of radical measures to avoid its evils. It also suggests the traumatic factor in the case indicating the liberal and constant application of Epsom water to the parts affected. Also the exposure to drafts of air and consequent retention indicate frequent general Epsom sponge bath with judicious massage, the more the better. There are generally other minor indications which should receive due attention, but they should not be allowed to draw our attention away from the prime indications.

A case of paralysis, as above described, occurring today, and treated promptly and energetically as above, will recover tomorrow. Why not?

An old man eats a great amount of meats, eggs, hot biscuits and butter, and leans back in his chair at the table and makes a speech about the fine cooking and the finer folks that do it, and then eats again, thus overloading his blood continually. He takes long drives nearly every day, and often in the night, and the motion of his carriage keeps the muscles of the back in a strain and the vertebrae in motion from side to side, and the old man

"stimulates" himself with alcoholics to make him feel better and to solace the long lonesome hours and compensate for the laziness of a jaded horse. A focus of toxicity develops in the cord, and he complains of stiff back, stitch and backache. (We are thinking of a real case that happened this way, proving rapidly fatal.) Now this is another general type of the disease, and all the above treatment lacks of meeting every indication is the systematic regulation of the diet so as to cut off the source of the toxic irritants in the blood and so avoid the spinal irritation that is the principal factor in the case.

CORNS.

Take 1 pound Epsom salt in coarse powder, mix with it one ounce of powdered sanguinaria. Apply a pinch of it dry or dampened to the corn. The swelling and soreness will disappear, and if you can contrive to keep it applied night and day for one to four months the corn will disappear and normal skin be in its place.

This is easily done in the case of soft corns between the toes. Spread the toes apart, place a finger beneath and drop in a large pinch of the powder and let the toes go together again, holding it in place against the corn, put on the hosiery and shoes and pay no more attention to it until bed time, then treat it as before. Treatment night and morning is sufficient. The relief from pain which this treatment gives will be complete, and compensates for the treatment if it required a year or always.

Bunions and callous places in the bottom of the feet are cured by the application. Sometimes it is difficult to invent a way to keep it applied, but it can be done. A teaspoonful or more of the powder dropped in the stocking is often all that is required. In this way it is applied to the entire bottom of the foot and is sure to reach the desired spot.

WARTS.

The most satisfactory treatment we have ever used for warts is to submit them to the fumes of aqua ammonia for about five minutes. This is done by paring or sandpapering the wart until it shows sensitive parts, then fill a one or two dr. vial half full of lint cotton and saturate the cotton with strong aqua ammonia, then cap the vial mouth over the wart and make the pressure sufficient to prevent the stinging, until the wart is seen through the glass like a clear jelly mass ready to drop out. This occurs in from four to ten minutes. Then remove the vial and scrape out the wart. The wound heals quickly with Epsom water application, leaving no scar noticeable. About fifty dermal warts have been treated in this way with no return in any case.

Pain is prevented by making a sufficient compression on the vial to prevent nervous impulses from escaping, and patients declare the operation painless. The wound seems to contract in a few hours to much less than the dimensions of the wart removed, and heals rapidly without scar.

TYPES OF HEALTH.

The medical man should carry in mind not only the types of disease, but also the types of health. The living chart of the entire physical organism, under the influence of all its functions and dominated by that invisible principle we term life. A frequent recurrence to this vital chart will prevent many a mistake, and will serve as a ready index to disease.

Thus the engineer carries the proportions of his engine in mind, and its behavior in working order, and knows the moment anything goes wrong, and in an instant knows about what is deranged. And by the same means we may know the effects of derangement in any part of the human form and about the symptom producer capable of producing such defects or derangements.

If the patient has a normally clear eye, a normal pulse and a

healthy skin, no one of the underlying causes of disease can be affecting him; he is well and suffering from no serious disease whatever. But a deviation in these respects is physiological notice of disease.

TONSILITIS.

Take 3 grains Bichromate of Potash, Water 8 oz., Ft. Solution. Dose 1 tablespoonful every fifteen minutes until four doses are taken, then every hour as long as necessary. Also apply strong Epsom water to the neck and upper thorax.

Give 1 grain double sulphide t. i. d. as a tonic and reconstructive for a considerable time, the longer time the better. The process of building up is slow and it should be encouraged and assisted for a sufficient time to insure no future recurrence of the trouble.

An excellent way to begin treatment is to gargle the throat thoroughly with the bichromate solution. Growing children, who are most prone to tonsilitis, need a medicine like double sulphide or chalk to make their growth more solid and uniform. The muscles and bones are of stouter growth than the nerves and glands, so that the growth is often not uniform. Treatment with proper reconstructives or a diet of the whole grain will remedy this defect in the growth, for if the blood is kept rich in cell salts the tissues of weaker growth can have a normal supply in spite of the stronger growers.

DENTAL CONCRETIONS AND PYORRHEA.

These are crusts formed about the base of the teeth, beginning in the dense tissue of the gum attachments to the teeth, and adhere to the teeth in a solid manner as part of the teeth. But they are of a different character from the teeth, and the gums

will not adhere to them, and so the base of the teeth is left bare down to the alveolar process. It is thought that these concretions are of microbic origin and built like the coral. We have never demonstrated this to a certainty, but all natural tracings are in accord with it, and under this idea we formulated a treatment that is uniformly successful.

Take Bichromate of Potash 3 to 5 grs. Water 1 pint. Make solution. Use as a mouth wash twice a day for four to eight days, or until the concretions are removed. Then use it once a week until the gums grow back to the teeth and cover the base in a natural manner. A spoonful of the solution is enough to wash the mouth with, and the time should be one minute or less. If held too long in the mouth the enamel of the teeth is affected and "the teeth set on edge." But this feeling soon passes away when needlessly produced.

GONORRHOEA.

Gonorrhoea is a local microbic invasion having no known limits of duration. It disposes the system to enervation, and though the disease may be pronounced cured, and may be cured, yet the enervation often persists to a fatal termination. It is a much more serious disease than most people suppose.

Young men contract the disease, are "cured" (?), then marry and the wife is immediately affected with foul leucorrhoea (real gonorrhoea). She may become pregnant before the uterus is affected, and with proper attention a healthy child may be born, then the uterus becomes affected, the invaders pass through the fallopian tubes and infect the ovaries, which are very susceptible to invasion. The swelling may be slight, but sometimes is enormous, but in either case complete sterility results, and the woman is virtually unsexed, and will never see a well day in her life.

The case with the man is worse in some respects, the male urethra being smaller and longer. He is not so often unsexed on account of the distance to the testes being so much greater via

the vas deferens, but sure as he shall develop double orchitis he is unsexed.

The treatment of this disease with mercurials is not satisfactory nor reliable. The patient may be treated with mercurials long enough to cure fifty cases, if double sulphide was used, and then persuaded that he is cured, and be liberated to do a crime that ought to be punishable by hard labor in the mines for the balance of his life.

There is a fault in every one concerned, but we will content ourselves with our own part, our own fault. Our treatment is pure empiricism. There is no natural tracing that leads us to select mercury for the remedy of invasion. If the invasion is cured while the patient is taking mercury, it is not the mercury that cured it, but the natural resistance. Indeed, the mercury is contra-indicated, because it tends to weaken the organism, derange the glands and counteract the resisting power. The remedy that reason dictates is one designed to tone the nerves and strengthen the organism, and especially reinforce the resisting power.

That remedy is *double sulphide*. No matter what the stage of the disease, it is an invasion all the time and should be treated accordingly. Recent invasions are often cured in three days, because the treatment is in line with nature's efforts, and directly to the point. Other cases may require a much longer treatment on account of the weakness of vital forces, and the damage to mucous surfaces, ulceration, etc. But the remedy is in line with nature's efforts and considering the work to be done, the cure will be remarkably speedy. It is a fact that the invasion is checked and under control within eight hours from the beginning of treatment.

Treatment. Give one grain of double sulphide every hour until eight doses are taken, then one grain four times daily until all lesions are healed, and the strength of the patient restored.

As soon as the system becomes saturated with the remedy the invasion is ended and the invaders perish. For *ovaritis* or *orchitis* make constant application of strong Epsom water (Epsom salt 4 oz., water 16 oz.) The relief is almost instant.

For *Gonorrhoeal ophthalmia*, apply Epsom water to the face

and eyes (Epsom salt 1 or 2 oz. to water 16 oz.) in addition to the double sulphide treatment above.

For all varieties of *leucorrhoea*, give double sulphide as above. Women may suffer with gonorrhoea for years and be totally unaware of the real character of the trouble.

LAXATIVE SYRUP.

Epsom salt may be made in many kinds of solutions for various purposes. The regular laxative syrup, that stands at the head of our formulae in the second edition of *The New Field*, is equal quantities of Epsom and sugar, with boiling water enough to keep it in solution. Dose 1 teaspoonful several times daily, as laxative, purgative, antiseptic, healing, etc. It cures headache quicker than it can be palliated by an anodyne. The flavor of this syrup is hoarhound, very pleasant to the taste.

Epsom may be rendered tasteless by solution in Raspberry syrup (Dr. Robert C. Kenner).

It may also be dissolved in any fruit juice or syrup, modifying its taste in a great measure, without interfering with its medical value.

Carbolized Epsom made very sweet is really good. It tastes like it came from the best drug store in town. (Epsom salt 1 oz. Sugar 2 oz. Carbolic acid 10 drops. Water 1 pint.)

The addition of a few drops of chloroform and a teaspoonful of ginger to the carbolized Epsom is very good. (Dr. C. R. King.)

Epsom salt may be rendered tasteless by combining it with fruit jellies. 1 part Epsom salt, 2 parts each of fruit jelly and sugar. Beat together to a confection; dose $\frac{1}{4}$ to $\frac{1}{2}$ teaspoonful. A little lemon juice may be added to give it more acidity if desirable.

Two teaspoonfuls of Epsom salt in a cup of strong coffee, with or without sweetening, no milk, is a good preparation. Dose 1 teaspoonful, often repeated.

These preparations are harmless in every condition. They are good laxatives or purgatives as to the frequency of dose, 1 tea-

spoonful every 15 minutes will move the bowels in one hour, more or less. They are good antiseptics, if not the best in the world; we know of nothing better. They cure a cough, pain of all kinds, sour stomach, colic, etc. You cannot buy their equal anywhere at any price. You should use one of your own getting up every day in your practice.

Nerve tension is the irritating effect of toxins on the nerves. Pain is a nerve trauma, or poison. Epsom actually draws the carbon from toxins and destroys them, and a state of ease ensues. You should not confine yourself to the preparations given above, but you should make one of your own, different from that used by others, and it will be a means of increasing your practice. Epsom and vinegar or with various bark and herb decoctions are good applications to the skin for pain, wounds, bruises, fractures, swelling, inflammations, ulcers and blood poisoning.

Epsom salt neutralizes toxins, antidotes many poisons. It acts in two ways, chemical and physiological. If the doctor has Epsom salt with him he cannot fail to benefit his patient in some respect, and a visible benefit promptly rendered gives confidence and often turns the scale in his favor. If he does not wish the patient to know what he uses, it may be disguised in many ways, but he should not be ashamed of it; there is not a more scientific drug in the world, nor is there any one drug that has so much science about it.

Epsom salt is a mixture of sulphate of magnesium and sulphate of sodium. Generally the magnesium preponderates; often there is but 5 to 10 per cent. of sodium. Dr. Gould found a specimen 50 per cent. sodium. The best is probably 5 to 10 per cent. sodium.

Magnesium is for the nerves that govern all. Sodium is for the glands that purify the blood. Solutions are absorbed quickly from mucous surfaces, if given in weak solutions, 10 to 20 gr. doses, often repeated. It is also absorbed from applications to the skin of the proper strength, $\frac{1}{2}$ to 1 oz. Epsom to 16 oz. water. For local effects the application may be made much stronger, 4 oz. to 16 oz. of Epsom to 16 oz. water. Hot water will dissolve more than cold, and in less time.

Absorption and effect are greatly hastened by some considerable

degree of heat. The physician who studies the science of Epsom salt keeps its therapeutic uses ever in mind, and has it with him all the time, and uses it every time there is a toxin to be neutralized, a pain to relieve or a fever to cool is going to please his people, increase his practice and be satisfied with his work. He cannot do this without Epsom.

Applications of strong Epsom water to dropsical swellings promptly relieve them, and all that lacks of curing the condition is to raise the nerve power and cut the diet down to reasonable limits. There is no other drug that will cure this "incurable disease." It never fails.

In blood poison there is a toxin doing the mischief. Applications of strong Epsom water draw the carbon from the toxin and antidote the poison. In thirty minutes the pain will subside, in a short time the swelling will be gone and the patient cured. No other known drug will do this, and Epsom never fails. So many things have been tried in vain that this condition is also put down as an "incurable."

THE SUCCESSFUL METHOD.

The natural method enables us to discern the truth concerning anything.

We write down three or more facts concerning a thing to be investigated, then we think about these facts. If they are facts concerning the same thing, they are united by links which we term the existing relations. These relations, when rightly determined, are necessarily facts concerning the thing under investigation, as much so as the facts we started with.

Then we may think all the facts over singly and also, in connection with each other, and while doing so there will arise in the mind a number of inferences; these may be facts or not, but should not be lost sight of; such as harmonize with all the facts are worthy of trial, and if found true, they constitute new dis-

coveries concerning the thing under investigation, and may be of more value than all the other facts combined.

Thus, when the writer discovered that Epsom salt relieved pain, the reasonable inference was that it did so by neutralizing the toxin that caused the pain. And another inference was that if it neutralized a toxin that was built, as blood toxins, on a carbon base, it would also neutralize all similar toxins.

These things, though only inferences, were tried in many ways, clinically and experimentally, and found to be true, then they were placed among the facts concerning Epsom salt. Before these tracings were made a pound of Epsom was worth three cents to some folks (very few), but after they were made every pound of Epsom salt in the whole world was worth as much as life is worth to everybody. There is not a person in the world who may not profit by it more than all the wealth he possesses. Anyone can note the harmony that exists between real facts and draw inferences that harmonize with the facts, which may be of vast import to his fellow man.

Then it may be that someone may impose a theory on his work, like they did on Epsom salt, viz., that Epsom salt is a powerful anesthetic, a property it does not possess, and an inference that does not harmonize with the facts. Theory makes an assertion; it does not advance step by step like scientific truth. It does not furnish the means within itself to prove either its truth or falsity. Plausibility and credence are all it seeks. And these should satisfy no scientific mind. A confidence in something unworthy of confidence is a miserable subterfuge, and belongs to ignorance and not to science. But theorists boast that we cannot disprove the theory, and there they make a mistake. The natural method will explode any theory in less time than ten minutes.

The tracing on Epsom salt proves that it is not an anesthetic. It *neutralizes* the toxin that causes pain, while anesthetics render the nerves insensible to pain. One is a benefit, the other is not; the one harmonizes with all the facts, the other destroys some of the demonstrated facts, and harmonizes with none. Epsom salt relieves pain in a physiological way, by neutralizing the toxin that produces pain. Theory asserts that it relieves pain by an-

esthesia. Natural method declares the one is true, the other false.

And so the method may be brought to bear on every theory in the world, and prove every one to be false, and out of all harmony with real fact. Do not forget it. The natural method will explode any theory at a touch, and drop your anchor on solid bottom.

BLOOD PRESSURE.

The pressure of blood within the vessels is learned from the pulse. In high pressures the artery feels round as a cord and feels full between the pulsations. The pulsation is also characteristic of pressure; it conveys that idea.

A noted gambler said "It is the easiest thing in the world to make a mistake." And for fear we make a bad mistake in this matter, we better apply the natural method to it, and be sure of what we are doing. A good doctor made a terrible mistake in this matter. He knew how to trace it, but he despised the method and would not use it. He reasoned on this wise. The blood is nearly all water; it is an excess of water in the blood that causes pressure. Therefore he prescribed a limitation of the water the natural thirst demanded. And as muscular exercise excites the circulation, he directed profound rest in bed for a year at least, profound muscular inaction. He prescribed several other very silly things, berberine and calomel among them. But we must not think him a silly man; he has a very large and well developed brain, wide at the base, making his ears stick out on each side, and is a very energetic man. He simply made no tracing, never reasoned in a natural manner and consequently blundered along like any one else wilfully blind. He said he had several patients under this treatment and that they were doing well. The fact is apt to be that he has about as many patients suffering with blood pressure as you have, though he might accumulate a few at a time by holding each one in bed a year, if patients could be found to acquiesce in the treatment.

It is only the natural method, born with us, and born with

that man, too, as much his method as it is ours, that enables us to do any better. All the difference in our favor is that we treasure the method and esteem it like the Arab does his horse, while the other man despises it. If we do not use the method, how could we hope to do any better. Though it is plain that we could not do worse.

Fact 1. In blood pressure the pulse shows nerve tension in about the same degree as the pressure.

Fact 2. Nerve tension results from toxic irritation.

Fact 3. Capillary obstruction causes arterial pressure.

Fact 4. Retention causes circulatory pressure.

Fact 5. Microbic invasion causes circulatory pressure to a greater degree than is caused by retention.

Fact 6. A drug that neutralizes toxic compounds in the blood relieves the pressure.

Fact 7. A drug that forces the nerves to relax relieves pressure temporarily, though the toxic irritation be not removed.

Fact 8. A drug that induces nerve tension causes blood pressure in a healthy person.

Fact 9. With the same blood in the same person, the same day we may have pressure or not, according to nervous conditions.

Fact 10. The ingestion of great quantities of water reduces nerve tension and blood pressure at the same time.

Fact 11. A vegetable diet effects the same as water.

Facts 1, 2, 8 and 9 are very nearly related and show that nerve tension must exist to have pressure in the blood vessels. Fact 8 shows that nerve tension causes it. Facts 6, 7 and 9 prove this. Fact 10 shows that by diluting the toxin in the blood its irritating effect is reduced, and part of the toxic matter is eliminated by the glands with the water. Fact 11 is in accord with all the other facts and is what we really wish to impress on all. The *three* classes of foods—the high class that decomposes into very offensive poison gases within the blood, which irritate the nerves and cause a contraction that narrows every blood vessel in the body, and

often closes the capillaries to such an extent that arterial pressure rises to the bursting point.

If a vessel gives way we have hemorrhage, or aneurism, or some varicosity, which will be increased as long as the conditions that caused it continue. Pressure on the brain may cause apoplexy, epilepsy and the various mental troubles, including neurasthenia and insanity. The proper treatment for all these things is veratrum to relax the nervous tension. Diet from the low class of edibles to prevent the formation of toxins in the blood. Calcium to strengthen the vessel walls. Sodium to invigorate the glands. Magnesium and potassium to neutralize toxins in the blood, and the Epsom sponge bath. A little chlorate of potash may be added to the Epsom water for the bath, also to our laxative syrup for internal use, or our No. 14 tablet. Aromatic cell salts may be used. If the vessels have given way, or dilated, there should be a liberal application of strong Epsom water to the skin over the affected part, which application may be kept in place constantly for weeks if necessary.

In looking over the facts we may remark that all toxins affect the nerves; the greater number of them cause nerve tension, like strychnine and morphine, while a few cause relaxation like atropin and veratrine. Blood toxins from the decomposition of too rich a diet cause nervous irritation, pain and muscular contraction, which narrows the capillaries and obstructs the circulation, hence the pressure and whatever may follow, deposit of minerals, inflammation of the vessels and adjacent tissues, including the nerve itself. In invasion we have the toxins natural to the body and also those from the birth and decay of whole generations of invaders, hence we have a more acute toxemia and greater nervous irritation and tension in proportion and a greater blood pressure than in retention of toxins from natural cell waste. The cell salts and Epsom salts, and Epsom salt in particular, have the power of breaking up toxic compounds, therefore the great advantage of the Epsom sponge bath in the treatment of this class of symptoms. The doctor that does not use it is ignorant of its value, or has never thought enough to prove to himself how such a thing might be. The effect of veratrum proves Fact 7, and the effect of

strychnine proves Fact 8. Fact 9 is a matter of observation known to every physician, proving that the nervous condition governs blood pressure, confirmed by Facts 7 and 8.

Suppose we introduce another fact according to our energetic friend, who despises the natural method, viz., a reduction of water in the blood will reduce its volume and relieve blood pressure. The effect of this is to increase the toxic irritation, for if the blood contains a certain amount of toxic matter and the amount of blood be reduced without reducing the amount of toxins, the toxicity of the blood is increased. And if a large amount of blood could not force its way through obstructed capillaries, much less could a smaller amount. It is a question of force against force, and if the contracting force at the capillaries is too strong for the heart and arterial muscles acting on full vessels, it is also too great for this same force acting at a mechanical disadvantage on vessels less full or depleted. But it is impossible to deplete the volume of blood by thirst; the effect is to check the secretions and elimination of toxins and increase nerve tension and pressure of the blood. The effect of this fact, if it was a fact, would destroy the harmony among the real facts, and introduce an unnatural element of doubt, which is perfectly ridiculous.

Another one of his facts is that a meat diet will support the patient and tide him over to such a time as rest in bed will cure him. If he was obliged to set down all the facts he knows in a line he would never allow this one to appear among them, for if he did it would destroy all the others and stand on the sheet alone, and he would be forced to acknowledge that to be all he knew of the condition, and that he did not honestly believe even that.

All the real facts concerning a thing will harmonize perfectly. No one need fear that truth will ever war with itself. But introduce what may be a current theoretical truth, believed by all men, in all time, it makes no difference if the pillars of learning rest upon it, the war begins, the harmony is destroyed, the strong side wins, and right goes down, and the sick and dying are denied the kindly nursing of their own mother nature. There is today a general demand for a thinking doctor; you notice that demands

are satisfied. Then the question arises, What will become of the old stub end of The Medical Profession? The old doctor will have to dig or think. He will fall back on truth and the natural method, born with him, of determining truth, and all the various theoretical whims and isms will be forgotten.

Local blood pressure is increased by pain of any kind. It is relieved by quick surprises to the local nerves, as by the sudden application of aqua ammonia for half minute or so, then the immediate application of acetic acid or strong vinegar. Diluted carbolic acid and strong Epsom water is another brace of surprises, and there are many others.

PROSTATIC ENLARGEMENT.

After all has been said we have but vague ideas of what nerves are and of their delicate sensitiveness. The New Field shows how we may get the influence of a drug held in the mouth, not swallowed at all, in any particular part of the body we desire to influence. This is done simply by massaging, scratching or stroking the part to be influenced while the drug that exerts the influence desired is held in solution in the mouth. It requires demonstration to render such a statement capable of belief. There is no theory on the face of this earth that carries such an astounding assertion. Theories play on man's credulity to no benefit, but truth offers what she has in her exhaustless store and by demonstration forces it upon him to his great profit, as a parent would teach a child. We readily see that by making the nerves more active and the circulation more vigorous and a local excitement of all the tissues in the particular part to be influenced how the effect of the drug in the mouth will be carried by the nerves to that particular spot, because it is the temporary center of nervous excitement. The drug spends its force on the part excited.

The old lady says, "My cold has settled in me 'ip." She took a long walk yesterday, and by thinking of the nerves and muscles

and bones called most actively into service, tasked almost to exhaustion, you know what she terms her 'ip, and realize that it extends from the ends of her toes to the spinal attachments of the abdominal muscles. The old man wants you to treat his rheumatism; he was trimming fruit trees yesterday. By this you know the rheumatism is in his shoulders and neck, and that he had a cold or eat too much rich food and that toxins from waste settled in the parts most used, most excited, the parts that suffered the greatest tissue waste. You know also that it is the variety of rheumatism that results from retention and that it may be cured as quickly as you get the effect of an agent in the parts affected that will neutralize a toxin and relieve nervous irritation and excite the dermal pores and glands to vigorous action. All the cell salts possess these powers to some extent, water and heat possess them, but the one most efficient and most congenial is Epsom salt.

What is it that settled in the parts affected? It is a toxin that has irritated the nerves and forced them to set up defensive processes. It is a toxic recomposition from waste within the organism, composed of carbon, hydrogen, nitrogen and oxygen. The very same chemical elements that formed the drug held in the mouth, determined to the parts by excitement in the very same way. Showing that other compounds of a counteracting character may be determined to the same place in the same way—by local excitement.

Now, all we have to do to study prostatitis, prostatic enlargement and a multitude of obscure human ailments is to simply use the natural method "and throw the theories to the dogs." Who wants to be a medical dog? Simply set the facts down in a row, and note the relations that exist between them and the natural harmony peculiar to all truth. If you have set down a thing you think to be a fact, among what you know to be facts, which does not harmonize with its fellows, you know in a moment that it is a deception, "a wolf in sheep's clothing," and you instantly throw it out to the medical dogs.

The rational treatment for prostatic affections is (1st) To cut off the source of decompositions in the blood. Feed on fruits and

vegetables and milks and all the nice things in the world, whose exquisite perfumes and matchless flavors were given especially to delight the rich and other persons of leisure as a compensation for denying themselves blood and brains and crude meats and unhatched eggs in some mysterious process of incubation, and cheese, the better it is the more the green flies haunt it, and all the creams and puddings of childhood recollections. These things did not hurt them when they were growing up? Why should they hurt them now? Because they are not growing as they were then, neither in active labor to require such food, and when they take a stomach full of such food the most of it decomposes in the blood, and the elements set free recombine in the blood into toxic compounds, which are determined to the parts most excited, just as the influence of a drug swallowed or held in the mouth may be guided to any particular part by the same thing—excitement of that part.

2d. Avoid all excessive excitement of local organs, by which a toxin may be determined to a particular part or organ. General natural exercise of all the organs, faculties and functions is most conducive to the general health, especially the faculty of making natural tracings.

3d. Neutralize the toxins in the blood and parts affected by application of anything that will do the work locally, and by proper medication to work from within. The alkaloids for producing nervous impressions, saline laxative and double sulphide for their antidotal and antiseptic properties, arbutin, veratrum and potash bichromate for their relaxing and soothing influence on the renal apparatus, wild cherry, hydrastine and columbo for stimulating tonics. We are satisfied there are many other drugs equally efficient. Dr. J. B. Ware has been very successful in controlling the most intractable cases by the internal use of a simple tea made of rosin root, rosin weed or *Silphium laciniatum*. The mountain people use with fair success a tea made of the roots of the queen of the meadow.

That is all there is about it, only three things to observe to insure success, and one mistake to avoid, that is, not to give a drug that reduces the secretions and parches the skin and makes

success impossible. We might state particularly the drugs we use and the way we use them, and make the reader think that the best way, and do him a positive injury by drawing his attention away from the principles that alone may be trusted. We wish him to learn the principles or nothing.

We know how very cold or very hot water taken into the stomach determines the blood and nerve power to the organs of digestion, thus invigorating them, and the same amount of tepid water is nauseating on account of this directing power being absent. There are certain condiments that invigorate in the same way. Three grains of acetanilid held in the mouth while the sacral spine and prostatic field are gently massaged with hot strong Epsom water for ten minutes will put a change on any case. And the all night application with the proper internal treatment, chalk for strength, sodium for the glands, magnesium for the nerves and potassium for vital functions, will cure the trouble under sensible dietetic regulations. But chronic treatment for chronic ailments, and slow recovery if you intend it to be of a permanent character.

BRICK.

Suppose we knew nothing about a brick and had never seen one, we might muse among the bricks and bats like travelers do in the ancient ruins or like medical authors among the tomes of literature, and with, perhaps, as little profit. They know something about a brick, to be sure, but they cannot make one, nor lay one, nor do they know how long or wide or thick it is, nor why it has any particular proportions. They know so little after seeing all!

But apply the natural method to the brick, and though we are comparatively ignorant, yet in a few minutes we shall learn more about a brick than the man knows who has traveled around the world.

1st. A brick is composed of clay, heated until the silicious

materials in the clay fuse together and bind the whole into a solid vitreous mass.

2d. The proportions of the block are any given thickness, twice that for the width and twice the width for the length.

3d. They are as durable as stone, the tensile and crushing strength are equal to that of the best sand stone. The resistance to fire is very great.

4th. Brick absorbs moisture, and is somewhat porous, but does not decay or dissolve.

These things are learned by simple observation, looking at a brick. If they are true we have the means of knowing how to use brick in the most scientific way, and how to study every question that may arise concerning it. If some great man should herald to the world that brick is an anesthetic, you would smile, not so much at him, as at the silly world that drinks everything down without scientific investigation. If we do not know the reason of a thing we do not understand that thing, and it is plain that we must reason on it to learn what reason there is in it. We do not execute intelligently what we do not understand, and uncertainty and failure is the result. It is perfectly natural to look into the reason of things, and it is a practical way of doing this, which we term the natural method.

Everyone may understand the facts about a brick, but the facts must be in mind, and viewed as a whole, and the relations existing between them must be pondered and a complete harmony discerned. Discord is rebellion against truth, and there is no truth in discord.

Political machines are made of bricks, or rather of individualities which possess the characteristics of brick, the same composition fused by the same degree of a different kind of heat, but no less real, exactly the same proportions as to size, so they will fit anywhere, the same tensile solidity and the same absorbing powers on all that comes their way. These are piled together, the same as the mindless clay, and bound down by girders of steel, which they have no power to throw off, until the day that some great conflagration shall sweep the spot and shall make of them bats and debris fit only to fill in what once was an open sewer.

There is but one natural organization, and the big end of that is in Heaven. All that is artificial proceeds on theory and to some extent is made to supplant that which is natural. There is a Master Builder that hath laid the foundations strong in the great human brotherhood, so great that there is no room for another, however small, nor a single brick to spare. He that presumes to use the human brick in a structure of his own invention is a thief and an impostor. The men imposed on do not think for what noble purpose they are so admirably fitted and forget their natural dimensions and obligations to their fellow man, and even to their own children.

If theory has a right to take part of the building material and gather it together in little rebellious heaps and occupy important parts of the ground included in the natural architectural design and so mar the beauty of the great structure, then theory has the same right to take *all* the material and completely defeat creative design. If theory has this right, then any and all imaginary things have an equal right, and pandemonium reigns supreme. But there are no such rights. The shape and proportions of brick show a design that reaches beyond the clay, never to end. The cold materials are on the ground awaiting only The Master's touch. But theory has her little devils knocking around spoiling the squareness of the material and fixing it so that some of the blocks will have to be turned over, with their back side, square corners, all featureless and blank, for a face in nature's wall, and the intellectual designs intended for a decoration on the front will never more appear. We know of men in that very condition today who have forgotten that they ever had a front side.

Thus we may learn all that is necessary about building material by setting down the facts in a line and reasoning on the natural relations that exist between them, and carefully treasuring the inferences suggested, as matters to be tested and proven. The same natural method that brings out the use of a brick will bring out the use of a drug, or the true deviation underlying all the mysterious symptoms of disease. So, for the sake of becoming more familiar with the simplicity of this method, it is not time

wasted to spend a few moments in the study of so simple a thing as a common brick.

Suppose we had never seen a wall or a finished building and must learn the use of a brick from the brick alone, the natural method enables us to do it, and to do it quickly, while to do it like an apprentice to a mason must learn it will require years. There are a great many of our common drugs, and the whole catalogue of disease in that condition today, and if we are ever to learn them we must adopt a method able to give us the desired results.

Fact No. 1 shows that the practical production of brick is only limited by the amount of heat at our command, or almost without a limit. Then various reasonable inferences will suggest themselves in regard to the admixture of certain hydrates, carbonates and other crystalizable substances to improve the quality or dispense with part of the required heat, or beautify the product. Some of the experiments founded on these inferences will surely be successful.

Fact No. 2 is a puzzle indeed. There is no drug in the whole world that presents a greater enigma. Twice the width for the length, and half the width for the thickness, and every one alike. This is the mark of design, but the clay answers not, and the design is past finding out. We ponder over Fact 3—durable as stone, resistance to fire, etc. Also Fact 4 as to resistance of decay. We note the close relations of the facts and the completeness of the observation and suspend our judgment indefinitely. But all at once the idea of our necessities flashes upon us that we need just such a thing as that, and in a moment more we are placing the bricks in every position we can think of and find that they fit together in every imaginable way. Then the architectural design, which involves vastly more than the simple proportions of the material, becomes so apparent that we are sure of its existence and truth, and we become willing to risk the last dollar on a structure to be made. And just as sure as we allow a theory to step in and change the proportions and relative dimensions of the brick, that sure they will not fit in the wall, and we will lose what we invest.

We may set the facts about a drug in a line so that we may

consider them in reference to each other, and to couple what we learn with the necessities of the sick is the most natural thing in the world. Necessity is an example of "a blessing in disguise," for it is the only measure of what we may achieve.

If a scientific tracing can be made on a brick, then it can be made on anything.

THE DOCTOR'S FAME.

When a patient is suffering intensely, everyone wishes to be doing something to relieve him. The sick one wants all the help there is to be had; it is natural and all right. There is the desire on his part to receive help, and there is the desire on the part of everyone present to give him help. This one and the other one are suggesting all manner of treatment that they ever heard of.

Some doctors consider these friends in the way, and despise to get into such a mess, but if rightly considered a great opportunity is offered to get cheap fame in a strictly ethical way. The more friends and quacks and old grannies present the better, provided he knows his lesson and has his natural wits about him.

Go right at it, do not pause a moment. Set one to keeping off the flies, one to heating water, one to bathing the patient's face and neck with cool carbolized magnesium water, another to sponging his feet and legs and spine with warm Epsom water, under cover, while you administer the indicated drug. Then in ten minutes, more or less, whenever you see an expression of real satisfaction on his face, ask the patient if he ever saw so much done in so short a time. The idea will take wings.

READY-MADE THERAPY.

The object of therapeutics is to prevent premature death, or murder by disease. My grandparents died at the ages of 94 and

96 years. They were not killed. All their descendants, so far as I know, have been killed either by disease or drugs. Under serious contemplation there is not so frightful a picture as this grows to be. Who ever heard of whole families, and groups of families, neighborhoods and nations being murdered in times of peace? Does a *child* die, or is it killed? My grandparents *died*—there was no disease in evidence, but a child never dies without a reason that precludes life. The children that die are murdered either by disease or drugs.

These terrible destroyers are silent and mysterious as the midnight assassin and triumph in their work unhindered and unseen.

If a foreign foe should invade our beloved country, and cause the one-millionth part of so much devastation, every energy would be instantly aroused, and effective efforts made to oppose him. Men have studied these things, but are loath to study the tactics against a million times more dreadful enemy. Many are murdered before they reach the threshold of the world, many are half murdered, mutilated, stunted and robbed of their chances in life and the power to live and enjoy life. We must understand our foes, must study and learn them, and set the same principles of self-preservation to work which we have learned to use against foreign invaders, the same dilligence, earnestness, enthusiasm and all our powers. He who would dispute about pathies, schools and isms, and so hinder the movement of forces, is a traitor to his race.

We have more than daily evidence of the Living Universal Human Brotherhood. It is from the foundation of the world. It is born with us as the most noble part of our nature. It is the supreme and only natural organization on earth. We carry its constitution and by-laws as graven on our hearts. We can disregard, but cannot obliterate them. We can take upon us the obligations of some bastard brotherhood of lesser scope, made to supplant that which is natural, made to secure advantages to which others are debarred, and on purpose to debar others, but we can never grave them on our hearts. They are null and void ab initio.

The Great Brotherhood includes Our Brother at the right hand

of God. The individual with his inborn sense of duty, the family with its sacred ties, the neighborhood with its sharp lookout and home atmosphere, the jealous states and heedless nations, conscious of only power and wealth, are all directly accountable to the Head of the brotherhood.

The solemn question confronts us, How are we carrying out natural obligations? Are we loyal? Are we sufficiently solicitous for our brother's welfare? Are our energies fully aroused? Do we comprehend the mighty influences against us and our fellow man, disease, drunkenness, debauchery, vanity and crime? We have more ways of learning the truth than all others of the Brotherhood combined. We hold a lever (natural methods of reasoning) able to move the world. There is a power in our hands, which if rightly used to fill its own legitimate place in the Brotherhood, will dethrone error and make it possible for God's love, without his wrath, to redeem the world.

False teachers and false practitioners will be plenty as long as the demand for them is good, and while the people are under mistaken notions concerning the true, and are unable clearly to separate the one from the other, the demand will continue to be good. Under this chaos of public opinion, this worst form of ignorance, the true scientific men suffer innumerable wrongs, with no certain hope in the future. What they say is disputed in secret every day they live by those who claim to be their scientific brothers. Now we are going to see whether they are brothers or not. We are going to change the foundation conditions, for we will show our people how they can, and why they should discern between the true and the false.

It pains a father's heart to see so many *little graves*, and to have reason to believe that much of it is in consequence of uncongenial treatment and a lack of exact knowledge on the part of the people. In cases of accident, the prompt application of Epsom water will prevent congestion and in a great measure nervous shock, and these are the dangerous elements in such cases. In sudden congestions of the brain, which often paralyze the voluntary system in a moment, the prompt application of warm

Epsom water to the head, neck and spine will relieve the condition in one hour.

A young man was driving a wagon, and suddenly dropped down unconscious, and when consciousness returned he was totally blind. This located the congestion at the origin of the optic nerves in the medulla. The prompt application of Epsom water at that time would have restored the sight in less than an hour, but no one knew that. And so the case went on the road to mania for three months, with no hope whatever, totally blind, and mentally deranged at times, when a doctor was *accidentally* called who could tell the boy how he felt without asking any questions. A day and night application was made to the spine, neck and head. The headache the patient complained of vanished in an hour, and next day the patient could see some, though imperfectly, but enough to cheer his life. The long time these nerves have been compressed has damaged them irreparably. But the mania and the hopelessness of the case vanished like the clouds before the rising sun.

What is such a doctor worth to a neighborhood or a city? You can't pay him enough, for he will not take it. The love of his people is ruling in his heart. He cannot be flattered to a fool, nor bought and sold at any price. He will never forget the price that Redeeming Love has set upon us all, and he is his Master's servant in every sense of the word.

Some of us think that all therapeutic measures should be closely veiled, and kept strictly within the profession. They apply the same rules to knowledge that apply to skill, and so get their ideas mixed. Knowledge is free as the air we breathe, but skill may only be acquired by patient thought, pure motives, long application and careful, painstaking experience. And it is our duty to the sick to employ the best skill obtainable, no matter what the cost, nor how much we know, nor how much conceit we feel in our own ability. Lacking the experience and skill we lack all that makes a successful doctor.

Our people ought to be schooled in the things that concern their welfare most. Every one should know the constituents of his own body, and the use in the organism of each; also the con-

stituents of foodstuffs, and how to regulate his own diet. Every one should know what to do for the fainting and the drowning and for various accidental traumas, how to nurse the sick, and above all else, how to choose a doctor who can diagnose disease without asking questions, a doctor who is not governed by "hearsay." That is, every one should be able to avail himself of the great advantage of scientific learning and professional skill. He has life, and sure as he has life he has a natural right to protect and foster the life he has. And though these things are sure and agreed to by all, yet there are theories at work in our midst that presume to deny our brother man every natural right he has, and make of him a chattel to be owned by other men equally enslaved.

We are deluded, there is no doubt about it, and we want to rise in our manhood and break delusion's yoke from off our necks forever.

There is absolutely no danger to the medical profession from scientific sources, but we must step along to the music of The Truth, or be left in the city of the sunless. No other trade or science fears progress. It used to be that religion feared reason, but Faith finds her strongest tenets there. It was once that a whole city full of silversmiths feared the tongue of a single man, because they were working on a theory and he wasn't. These men claimed a property in their brother man and sought to stifle the truth. But we know better; we recognize it as a sacred obligation to teach our brother the things that pertain to his welfare, that he, in turn, may be a brother and benefactor unto us, and that we may be true "members one of another." Knowledge is a wonder and we should have it and teach it everywhere, but medical skill is more than knowledge; it is our stock in trade that may not be purloined or wrested from our grasp or obtained in any way but as we obtained it.

The only danger is in not having the skill we profess to have and so deceive our brother a little at times, and ourselves very much all the time, until he shall look elsewhere for help, and we be left. Practically we are left, for nine-tenths of our people patronize the ready-made therapy, that criminally ignores diag-

nosis, conditions and imperative scientific requirements. But sure as our brother ever hears of the natural method, and therapeutic certainty and scientific skill to direct it all, the tables will be turned, and the makers of secret poisons will gradually starve out and deny that "they ever did." Our interest, and that of our children, and our brother's interest and that of his children, are all identically the same.

The demand for nostrums is not from the best educated people. The counsel for secrecy in medical matters and hygienic science is not from the best educated doctors. It is a matter of policy in some minds that do not make a distinction between policy and principle, nor between theory and truth. To the extent that the people are educated the nostrum business fails and the profession prospers. A doctor would rather have an educated clientele. Educated people appreciate the doctor most and employ him most. It is theory, policy, nostrums and starvation; or Truth, principle, the enlightened doctor, the Great Brotherhood and prosperity. Take your choice.

Some doctors are very much in earnest about secrecy; they will not tell a patient what the dose he takes contains, nor what effect it will have, and the patient is sure to think that the doctor would be ashamed to tell the drugs, and that he does not know what effect to expect. Secrecy is not even sound selfishness, because in the run of three generations everything in that line works round to where it started—the theoretical cycle of selfishness—and the grandchildren of the oppressed will be oppressing the grandchildren of the oppressor. A great heap of trouble and contention beside all that was lost, and nothing gained to compensate. And so on forever, round and round an indefinite cycle the machine threshes sheaf at a time till "every dog has had his day" and all are threshed, and the cycle begins again.

ACIDULATED MAGNESIA.

Carbolic acid has its enemies and some are afraid to use it. Epsom salt is the antidote and putting the two together we have

our congenial carbolized magnesia, the king of pain. The odor is soapy and not pleasing and various ways of scenting it have been resorted to, with fair success.

Some of these experiments show that the carbolic acid may be left out and results be equally as good. *Acidulated Magnesia* is thought to surpass the carbolized. Take 4 oz. Epsom salts in a wide mouth bottle, pour on it a tablespoonful of Acetic Acid, cork it tightly and shake it up. When wanted for use dissolve a teaspoonful in a teacupful of water, and use freely as sponge bath, lotion or application, for pain, fever, restlessness, inflammation, etc.

Try various proportions of the acid and salts; also try anything else you happen to think of. Take whatever you can get. The only essential thing is the Epsom. Get white or gray mud and put 1 oz. Epsom to the pound; also any medicine indicated for application, such as capsicum, ginger, horseradish, etc., and use it like Antiphlogistine. We can have anything we want.

EPSOM PREPARATIONS.

Beside the Epsom bath, carbolized Epsom, creolinized Epsom, acidulated Epsom, oleated Epsom, saccharated Epsom, etc. There are many ways of medicating Epsom with vegetable remedies for particular purposes which carry their peculiar influence in addition to the properties of the Epsom. Thus the healing properties of liquidambar may be energized and prolonged by Epsom. The tonic powers of prunus virg. may be so supplemented by Epsom as to tone and remove all congestion and inflammation at the same time. Boiling buckeye leaves in Epsom water makes a splendid wash, or application for piles. The green leaves of bearsfoot boiled with Epsom form a nerve relaxing application, good as any other preparation of veratrum. Any congenial drug may be infused with Epsom water.

The infusion, or decoction, of medical herbs in the green or dry

state with Epsom water robs it of its bitterness in a great degree, and the addition of sugar imparts the hoarhound flavor.

A solution in raspberry syrup has none or but little of the Epsom bitterness. (Dr. Robert C. Kenner.) Fruits of all kinds color the solution in endless variety of shades. Pokeberries, elderberries, blackberries, etc., give very pleasing effect.

Tannic acid is incompatible with magnesia, chemically and physiologically. Hence all barks and herbs containing it, as well say all astringent drugs, should not be mixed with Epsom. The best that can be done to produce a solution for internal use is perhaps 1 oz. Epsom salt dehydrated by heat, 2 oz. Sugar, 5 drops Oil Sassafras, boiling water 16 oz., Ft. Sol. Dose 1 or 2 teaspoonfuls many times daily, or as indicated for toxic conditions. This will be found satisfactory. The dehydration removes a great part of the bitterness of the salts. The sugar combines with the remainder to give it the hoarhound flavor, and the sassafras produces a pleasing sense on the tongue. Other essential oils may be used as well. It is really good in every way.

Stock mixtures of dry Epsom salt may be made with any dry medicinal powders not physiologically incompatible. These may be kept on hand ready for use, and when wanted, $\frac{1}{2}$ to 1 teaspoonful may be dissolved in hot water and used for a sponge bath, application or as internal medication. We keep a mixture of Epsom 1 lb., Sanguinaria 1 oz. and use it in this way. The drugs may be ground together in a mill or mortar, so that the Epsom is completely disguised. The Epsom may be dehydrated or baked in an oven until it loses most of its crystalline water and becomes a white amorphous crust. This removes much of its bitterness and nearly half of its weight. So it is desirable to mix it by measure when dehydrated.

Medicinal powders may be mixed with Epsom, as above, in any proportions desired. Epsom salts may be mixed with any congenial liquid drug and kept on hand in the same way. Epsom salt 16 oz., Acetic acid $\frac{1}{2}$ oz. is hard to beat. A teaspoonful of this in a cup of water for a lotion is fit for the king. Ask yourself the question, *What do you want?* then take Epsom salts and make it.

LEUCORRHEA.

1st. Leucorrhœa is a vaginal exudation from the blood. There is no other possible source.

2d. The nerve power is always below normal.

3d. The richer the diet the worse the symptoms.

4th. Under the same conditions and sometimes in the same patient a similar exudation takes place from the nasal, pharyngeal and bronchial mucous membranes, regardless of sex.

5th. Chronic invasion may induce the condition the same as it may induce enervation.

6th. The urine and all the secretions show an abnormal percentage of toxins at the same time. The urine is often scalding and so toxic as to irritate the bladder, urethra and skin, even to the local breaking down of tissues. The gastric secretions are often so irritating as to produce nausea, anorexia and headache. The liver secretions are deranged, deranging bowel digestion and normal nervous influences. The perspiration is sticky and often odorous, showing toxicity of the blood from which it is derived.

7th. Retention, cutting off the dermal avenue of elimination, aggravates all the symptoms.

8th. Pregnancy, creating a use for the excess of nutriment in the blood, and thus preventing the formation of toxins, relieves the condition in proportion as the natural stimulus shall raise the nerve power. Labor in the open air *for a purpose* has the same influence, while what is termed "exercise" aggravates. The natural stimulus that invigorates the solar power seems to be very important.

Thus we have the principal facts before us. Fact 1 shows there is something wrong with the blood, hence the futility of the douch and all local treatment. Fact 2 is a hint that this condition is closely related to consumption and the whole list of enervations. Fact 3 confirms this idea and shows the real source of irritation. Fact 4 is satisfactory evidence of what all the other facts indicate. Fact 5 is in harmony with the other facts, and shows that leucorrhœa, like enervation, may result in various

ways, hence various types of the disease. Fact 6 shows that leucorrhoea is not a disease, but a symptom of an underlying condition, having other symptoms as well. Fact 7 points to the toxic condition of the blood in conformity with the meaning of Fact 3. Fact 8 is the working out and confirmation of all the other facts, and is unmistakable proof of what we said in *The New Field* as to the impossibility of deceiving the central nerve power. The earnest purpose that prompts real labor is a wonderful natural stimulus, and martial all the corporeal powers and all the functions in harmony, while "exercise" tends to enervation, and is unnatural, like a task that must be performed, household drudgery, etc.

We trace the symptoms in a moment, remembering that fetor is a symptom of invasion. Leucorrhoea is the product of the effort of mucous glands to free the blood of irritating toxins. The toxins are from an excess of nutriment in the blood, or from tissue waste, or both. The excess of nutriment is from a central power too weak to enable the cells to take it. The weakness may be from any cause that produces it.

It is a serious condition, about the same as consumption, but harder to cure. The treatment for enervation is proper q. v.

EPILEPSY.

1st. A fruit and vegetable diet improves the condition, and on the other hand a very rich and full diet makes it worse.

2d. Exposure and overexertion make it worse.

3d. Drugs that lull the nerves and relieve nerve tension, as the bromides, mydriatics, etc., temporarily improve the condition, as far as the seizures are concerned.

4th. Drugs that cause nervous tension, as morphine, etc., aggravate the disease and weaken the system at the same time.

5th. Toxins aggravate the disease, while antiseptics improve it.

6th. Excitement often precipitates a seizure.

7th. Certain articles of diet precipitate an attack in certain individuals.

8th. In one case simulating epilepsy the patient could bring on a seizure at will, and just before he lost control of himself he could release it and avoid it. He brought the attack on by placing his attention on some impossible thing to do with the idea that he was bound to do it or perish. The head was turned a little to one side and the muscles of the neck became extremely rigid, compressing the veins, so that the flow of blood to the brain was very perceptible. The eyes were set on some certain object and not allowed to wander. The spell was thrown off by raising the head and looking around at the world as it is.

9th. When epilepsy results from trauma, producing pressure on the brain, an operation that relieves the pressure relieves the disease. If the pressure is renewed, as by the proliferation of bone cells, the disease returns.

10th. A blow on the head may induce a temporary condition simulating epilepsy.

In order to make a perfect tracing and be sure of getting good results we must not only know the facts, but we must know what the facts mean. The natural co-ordination of the mental faculties is a question that is, at least partly, beyond our limits. Therefore our knowledge of the meaning of these facts must necessarily be defective. However, let us not despair, but apply ourselves diligently to the subject, and penetrate the mystery as far as reason can show us solid stepping ground. We should rather be encouraged by the fact that no patient has ever been put on a reasonable line of treatment without making some improvement, and when persisted in for a sufficient time a cure often results.

Now let us see if we cannot glean some inside information from the facts. Fact 5 tells us that tonics, which increase the appetite and the amount eaten, consequently leaving a greater surplus in the blood to decompose and render the blood more toxic, aggravate the disease, while antiseptics, which destroy bowel and blood toxins, have the opposite effect. Fact 1 tells the same thing in

other words. Fact 2 states that retention of toxins, or an amount of tissue waste from exertion thrown into the blood have the same effect to render the blood more toxic. Fact 3 states that a drug that relaxes the nervous tension and renders the nerves more tolerant of toxins temporarily improves the condition, and Fact 4 states the same thing reversed. Facts 6 and 7 virtually state that anything that increases the toxicity of the blood aggravates the condition. There are seven facts that state substantially the same thing, all taken from different points of view. So that these seven facts really constitute but one fact, viz., that epilepsy holds a relation to the toxicity of the blood. The toxicity of the blood irritates the nerves, causing nerve tension; this contracts the capillaries, causing arterial pressure. Fact 9 fully explains that pressure on the brain may cause epilepsy, and Fact 10 shows that a concussion of the brain may determine the blood to the brain and cause similar conditions.

Thus we deduce from the facts the immediate cause of the disease as being a pressure on the brain from any cause, be it a fracture, a projectile or from obstructed circulation.

Fact 8 is not strictly competent, and yet it is confirmatory of the other facts, and the further history of the case gives us a wonderful insight into the condition. The patient was a lad of 8 to 12 years. He seemed to delight in the experiment of bringing on a seizure, and indulged in it many times daily. But as time passed on the blood vessels developed sufficiently to meet all requirements and he gradually lost the power of inducing the spells. He unwittingly cured himself at about the age of 14 years. This fact gives us the key-note of the treatment. We can give a drug—*veratrine*—that will relax the nerve tension and relieve pressure and favor the full development of the blood vessels, and do exactly what the unique indulgence of this lad did. But no rules can be laid down for its use further than to study each case and give only to effect.

Fact 5 shows us that double sulphide is indicated in dose sufficient to maintain a digestion and circulation normally clear of toxins. One case of many years' standing is reported as cured

with double sulphide alone, 1 gr. four times daily. Fact 1 shows us what the diet should be and Facts 2, 3 and 4 show us how to conduct the case and what to avoid. Fact 8 gives us an idea of what the work is to be done and of the time required to do it, and that nature's efforts are in that direction, and of how much patience and persistence we should exercise, and that we should not be giving tonics that contract the tissues and prevent natural development, for every little ailment that arises during the treatment. Quinine, strychnine, berberine and every form and derivative of opium, and also the bromides and iodides and mercurials should be avoided, and a close watch kept on self-medication for toothache, stomachache and various common home treated ailments.

In traumatic epilepsy, resulting from a fracture of the skull and proliferation of bone tissue in the effort to repair the fracture, which also retards the general growth and development of the skull in two ways, by centering the nutritive powers at the seat of the fracture, and by depleting the blood of its bone making material, it is very evident that calcium is indicated. Therefore the treatment above outlined for epilepsy in general is adapted to this variety also. And especially is double sulphide indicated on account of the magnesium it contains, which hastens the union of broken bones with the smallest possible amount of bone scar or enlargement. Bones have been united in half the time usually required, without any perceptible enlargement, by the simple application of Epsom water over the injury and internally 1 gr. double sulphide t. i. d. That a broken femur completely knitted together in two weeks, a broken rib in three weeks, without any of the usual pain, fever and swelling, is beyond the comprehension of average practitioners. It must be seen to be believed. These fractures were healed by first intention, without any perceptible bone enlargement. From some experiments, partially carried out, it is inferred that the constant application of Epsom water to the site of a trauma causing epilepsy will cause the reduction of bony proliferation within the skull and cure the epilepsy. It is a slow process, but probably the quickest

way after all, and success will depend on the rationale of the treatment, whether an opportunity is given to natural powers or not. How could improvement take place with toxic blood and a diet that keeps it so?

Examine the patient with the five diseases well in mind and treat the condition you find in a reasonable way and results will be good. Just as well teach the patient there is no hell, as to dose him with anodynes, nervines, bromines, etc.

Dr. J. D. Hunter, of San Diego, Cal., made some very interesting observations on the proper strength of Epsom water bath and applications. He found that a weak solution would be absorbed readily by the skin, when a strong solution would be rejected and produce but little effect. The relief from a weak solution is prompt, while that from a strong solution is delayed until the nerve tension caused by the uncongenial strength of the solution must relax. This harmonizes with some Philadelphia hospital reports, where a saturated solution (that is, all the water will dissolve) was used as an application for orchitis, and the relief of pain and swelling, which should have followed very promptly if the standard solution of 1 oz. Epsom to 16 oz. water had been used, was delayed from one to three days. Dr. Hunter finds that half the standard strength is more congenial in many conditions. But in the reduction of tumors it is well to begin with a weak solution and gradually increase its strength until, in the course of a few days, a saturated solution is being used. No fixed rules may be laid down; congeniality should be the object, for within its bounds the greatest therapeutic results will be obtained. Tolerance is greater in some cases than in others; on some patients a strong solution will cause a rash to appear, showing that the strength should be reduced until it shall be congenial and the bath or application continued. And in the reduction of tumors, flesh scars or bony proliferation the strength of the solution should be judiciously increased within the bounds of tolerance, and followed up with unflinching patience and veratrine.

THE NECK.

In looking for a handy place to apply Epsom water you are sure to think of the neck. A napkin folded full length will exactly reach around it, and folded four thicknesses will stay wet all night, and no matter what ailed the patient you are sure to think it did more good than any other application you ever made. The more we think about it the more reason we discover in it. Nerves are subject to discouraging influences of many kinds, of which toxic irritation is the principal. They are alike subject to stimulation and encouraging influences, of which Epsom water application is chief. To effect a good influence on the entire sympathetic system and all the nerves of nutrition make the application to the neck. To influence the cerebro-spinal system, and all the nerves of sensation and motion the application should be to the neck. The great nerves that govern the circulation of the blood pass through the neck. The nerve that governs the motion of the diaphragm originates in the neck. The vagi are distributed mainly to the heart, lungs and stomach and late charts include the intestines; an all-night application to the neck influences all these great organs in a wonderful degree. Suppose you have done everything you can think of for a child sick with bowel and stomach trouble, then if you think of the constant application of warm Epsom water to the neck, and stop all other treatment and the child improves, will you not look into the reason of it? Every cell in the body has nerve connection and every nerve in the body has been influenced and soothed and encouraged by the application. The neck is an avenue for great blood vessels; all the blood in the body passes under and almost contiguous to your application every ten minutes or so; this blood carries the toxins that cause the symptoms of disease, and your application is saturated with the drug that neutralizes toxins. We may think that a blood vessel is water tight and that no drug applied to the skin can have any influence on the blood within, but there are many facts that point otherwise, and while we are able to believe almost any plausible theory, if we find difficulty in believing facts, it goes to show a certain degree of a certain kind of mental de-

rangement. A person ought to be able to believe anything that is true and independent enough to disbelieve anything that is false.

All the cranial nerves are directly, or indirectly, represented in the skin of the face and neck. To bathe a patient's face and neck with carbolized Epsom water (Epsom salt 1 oz., Carbolic acid 10 drops, water 1 pint) will make him think that there is a wonderful magnetism in your hands. Severe pain in any part of the body will be considerably relieved, a burning fever will be cooled down as fast as caloric can escape. Every nerve in the body seems to know about it, and as you wonder about the improvement, you realize that your patient is made up of living tissues with a full set of living nerves and that he is alive, and can be influenced by the proper means. Pelvic diseases are wonderfully influenced by bathing the face and neck as above. And yet this use of Epsom salt should not preclude its application to the parts affected. In cough apply the Epsom solution (Epsom salt 1 oz., water 1 pint) to the thorax as well as to the neck.

It does not seem likely that the constant application of Epsom water to one square foot of the skin over the lungs could favorably affect the seventy square feet of inflamed air surface within them, but that it does so is a matter of observation, and is a fact not to be ignored, whether we understand it or not. But apply the natural method and the matter opens to our understanding immediately. It is like a door that is locked, if you have the key you can go in, but if not you can stay out. The natural method is a key that fits the pathological lock. We have the patient's actual condition to start with; suppose it is pneumonia. What causes the inflammation in the lungs? It is nerve irritation from toxins in the blood. What determined it to the lungs in particular? It was exposure, or a weakness left by former lung affections. It may be exposure to cold or heat, or a trauma that excites the lungs more than other organs, and so determines the toxin to that part. Why does Epsom water applied to one square foot or more of skin affect the seventy square feet of air cells? It does so through the circulation of the blood. Epsom water draws the carbon away from the toxin and breaks up the toxic compound, the circulation brings the blood—all the blood in

the body, little by little, within the influence of the Epsom, so that it is constantly being depleted of its toxins. Then if we cut off the source of these toxins, generally in the diet, and tone the nerves, and if need be stimulate the vitality judiciously our treatment is complete, and the matter is understood. But if there was but one square foot of air surface within the lungs and seventy square feet of skin over them, we should apply Epsom water to the seventy. So we see the utility of the general Epsom sponge bath frequently repeated in addition to a constant application over the lungs.

These truths, learned and proven in this simple way, are stranger than anything a theory ever tried to foist upon science. There is a time in every case of pneumonia when this treatment will succeed. A little later when the pulse shows serious obstruction, veratrum, or better, its alkaloid, to relax nerve tension, is indicated and should be used to effect. But suppose we "open treatment with calomel," or any other drug not indicated, what is going to take place in all this lost time?

ALOPECIA.

Alopecia is supposed to result indefinitely from any cause that produces it—rather a dry fact. Alopecia areata is supposed to result from local microbic invasion, and this is a hint that other varieties of baldness may result from the same cause. The New Field says have all the five causes of disease well in mind. So saying, we will set the facts down at once.

1st. Friction and massage of the scalp often produce a new or more vigorous growth of hair.

2d. Trimming and shaving produces a stronger growth of the hair and beard.

3d. Drug stimulation of the skin increases the growth of the hair. (Pilocarpine, ammonia, etc.)

4th. Quick surprises to the cutaneous nerves, as in the treat-

ment for cranial blood pressure, often restores the hair on bald spots.

5th. Neuralgia, with full temporal arteries, showing nerve tension and capillary obstruction, often precedes the falling of the hair.

6th. A considerable degree of enervation, with coated tongue and clouded eye, precedes the falling of the hair in many cases, if not in all.

7th. Kidney affection, to some extent at least, exists at the time of falling hair.

8th. Inactive men, who are hearty eaters of animal foods, are prone to kidney disease and various glandular affections and baldness.

9th. Skin diseases that destroy the hair follicles produce permanent baldness.

10th. The blood may become so toxic, as in typhoid fever, syphilis, etc., that every hair on the body will fall out.

11th. Scar tissue is devoid of hair.

From Facts 1, 2, 3 and 4 we learn that stimulation of the scalp invigorates the growth of hair and often produces new hair on bald spots. As in Fact 4, to surprise the dermal nerves with a half strength application of aqua ammonia with considerable friction for one or two minutes, then immediately followed by half strength application of acetic acid, or strong vinegar for five to ten minutes, then all washed off, has been known to restore the hair on bald spots, and at the same time completely relieve cranial blood pressure and sclerotic tendencies for a time at least. As internal treatment, veratrum for general nervous sedation and double sulphide to strengthen the general vascular tissues and neutralize irritating toxins in the blood. The daily Epsom sponge bath for the same purpose, and a moderate vegetable diet strictly observed.

Fact 5 shows that it is a toxin, the same that causes neuralgia, that induces baldness. Fact 6 shows how these toxins come into the blood by a nerve power too low for perfect metabolism, and hence the unused nutriment in the blood decomposes. Fact 7

shows that other serious lesions are produced at the same time, and that the deviation is general and systemic. Fact 8 confirms all these ideas, and Fact 10 proves it beyond all doubt.

Alopecia has staggered the doctors of all schools, because they never set the facts concerning it down in a line, nor pondered the significant relations that exist between them, nor observed the perfect harmony that runs through all, nor realized that there must of necessity be a harmony in the treatment as well. While they stimulate the scalp they allow the nerve power to remain low or run it lower or allow the blood to remain toxic with a diet that keeps it so. Every natural requirement of the case must be met, and even then there will be some failures on account of a lack of hair germs in the blood or glands, or if not exhausted they may possibly be rendered non-vegetative by mercurials or other uncongenial medicaments given for neuralgia, or kidney or other glandular affections. We do not know anything about why a failure should result when all the natural requirements are fully met, unless it be through some inability on the part of the organism itself.

The first four facts relate to the proper treatment, as a judicious stimulation of the scalp. Fact 5 indicates that nervous tension must be relieved. Fact 10 shows that it is a toxic blood that irritates the nerves and produces this tension, which closes the capillaries, producing a lack of circulation in the scalp, cutting off the natural supply of nutrient fluids from the hair, and the consequence is it must perish. And it tells its own story plain as words can express it, for at the points where the capillaries are closed the most, it falls out first and leaves the ruddy skin showing the arterial pressure most distinctly.

Fact 6 shows how these toxins come into the blood and the exact deviation at the bottom of all. Fact 8 shows another way that toxins may result in the blood. Fact 9 shows that skin diseases so toxic as to cause tissue death may destroy the hair as well as other tissue. Fact 11 is of no present use, but we may have a use for all facts at some future time. Facts 6 and 7 are ominous with suggestions as to our duty to the patient, and the utility of the natural method of examining the patient for the

initial deviation underlying all, a disregard of which may cost him his life. Ridiculous as it may seem, we should examine the pulse in a case of alopecia, and at the same time have clearly in mind the five deviations that produce disease and that virtually constitute it.

There is a deviation, and it is our business to clearly define it and formulate a treatment that meets all the requirements, and prevent the use of drugs or diet that will interfere with the effect of the treatment. It is a free country and doctors are the freest men in it, and everyone may formulate his own treatment. We have outlined ours in Fact 4, fully explained above. The simple application of counteracting remedies to surprise the nerves and break in upon the monotony of their continual stringency and one idea. Ammonia and acetic acid are the best we know, but others may be better. Capsicum followed by cream, Dilute carbolic acid followed by Epsom solution, Tincture of cantharides followed by Epsom solution, may serve the purpose as well. It presents quite a field for investigation and rational experiment.

Call a man out to lecture on Alopecia. It would be the driest thing you ever heard, but harness that same man to the natural method and he cannot fail to wake your interest and enlist your profound thought and co-operation. The natural method is born with us, and at some point in our education we throw it down as a useless thing, then we study all the balance of our lives to gain something worth less than what we threw down. Never throw anything of value away, but get what you can and add it in and keep on in your own way. The natural method is all you need.

NATURAL THEOLOGY.

We ought to be able to give reasons for the hope that is in us, though it seems rude and disrespectful to apply the scientific methods of this comparatively small world to Our Father in Heaven. Nor do we need to do this, because the hope was in us before we used the method with regard to him. It is not the

product of method. It is natural to mentality, and requires the closest kind of sophistry, mixed with a great amount of fault-finding, especially of the literature of thousands of years ago to subject it. Any sane man that will find fault and derisively treat the authors of which he and his authors have had the benefit is mean enough to spit in his mother's face.

Philosophy is the groundwork and foundation of all human science. The historian that faithfully records the conditions that give birth to great events is the only one that makes his work comprehensive; the statesman that forecasts coming events from the causes at work around him, without regard to sectional prejudice, is a benefactor of his people. It is philosophy and love of truth that enables him to forecast the future with unerring fidelity. It is fidelity to invisible principle that gives to man his invisible power. The invisible, incomprehensible mentality that so comprehends invisible principle he traces to its source, like itself incomprehensible and invisible. The Maker of law and philosophy exceeds the things made, the Author of intelligence exceeds intelligence, the Creator of mind is more than mind. The Father of personality is personality and vastly more. The Source of human love, compassion and mercy exceeds it all. He that breathed into man the breath of life is more than what he breathed.

The love of truth strips us of prejudice, like the angels stripped Zacharias of his rags in heaven. Though honest men will steal and lie and cheat under certain circumstances, yet no man that loves truth will be dishonest with himself. The existence of mind indicates the power that gave it existence; this indicates subjection, subordination, service due, and this declares a *purpose* exceeding our mental grasp.

Thus the tracing from a single thing shows the existence and character of Our God. But the world is full, and every single thing in the world or out of the world traced in a scientific way gives the same result. The testimony of two or three credible witnesses satisfies an American jury. But the same jurors will listen to the harmonious evidence of all nature all their lives, and after all be divided in opinion, because they have not "been sworn"

and have played with prejudice, and desired to evade the truth, and have not recognized an eternal *purpose* running through all, and man's exalted part therein—the part that mind must necessarily take in the government of matter. But nature has actually sworn us all in; we are in duty bound to esteem the truth, and there can be but one verdict.

It is sought to distract us with the most foolish and groundless assertions, not bearing even the character of evidence—as that the air is life and consequently god, that power—a thing derived—is god, that sexuality is god, etc., all transgressing every scientific principle of evidence and philosophy. Can order result from the wind or harmony from volcanic explosions? If sexuality be god, the poor thing has incurred a dreadful curse from somewhere in the form of specific disease.

The existence of mind proves the existence of God. The existence of love and hope within the mind and every natural faculty of the mind prove the same. The desire of eternal life is a mental instinct natural to the human mind; it is for a purpose and not in vain. The unavoidable sense of accountability, that has never been totally schooled out of a man, indicates the accounting Power. So many things within the mind in perfect harmony, in language as plain as any dialect on earth, constantly attesting The Eternal Love proves it, even though the tongue deny.

There are so many things, totally or partly incomprehensible to man's mind, for the want of mental faculty, that natural tracing must refer them to a higher order of intellect. The perfect co-ordination everywhere apparent in nature could in no wise result from intellect equal or lower than that of man, and the fact that it is from choice and adaptation, and infinite in time and extent, reveals the idea that a *purpose* is involved, a wonderful design in the mind of One as skillful as wise and powerful. We have our wisest men engaged in producing governmental co-ordination for hundreds of years, and the task is no nearer done. They lack the touch of power and directing faculty to cause each one to prefer his place in a plan they lack the faculty of making. The plan unmade, the desires unfelt for the want of mental capacity to plan and execute. And if the capacity was given it could add

but one step more to the tracing, for all would be traced to the Giver.

Give man the sixth sense, and as many as you please, and make him a god in fact; it would be like him to forget the Giver, and to exult in his power and despise the love and tender mercy so conspicuous in The God of Heaven. It is surely wisdom in Our God to keep us as we are. Four men having the one-fourth part of the sixth sense would soon terrify the whole world.

Only "educated" man, of all the creatures on the earth, denies the existence of The God of Heaven, and he only denies with his tongue, about the one thousandth part of his body, and owns Him with all the rest. He uses his endowments and capacities in a thankless way, until he becomes educated a little more, when he declares that he sees through it all, pours out his soul in profusions of praise, puts on the style of the hypocrites and becomes tolerant of great sins, even to oppression, violence and murder for The Lord's sake, and worldly gain. Then he becomes educated a little more, the style drops off, the delight in violence and any manner of wrong ceases, the boasting ceases and his mind seems absorbed in a profound endeavor to see into it. The angels desire to look into it, and why should not we?

That God so loved Abraham's son, that he gave "the tangled ram" as a sacrifice in his stead, is a very touching thought, but the fulfilment of the type melts the penitent's heart to the moulding point, when it may take shape of immortal truth, and trustingly begin life anew. The Plan of Salvation proves the existence of God. It is so different from anything that may originate in the human mind. Four great forms of human government have arisen and flourished in the earth and fallen. The minds of men have been busy for thousands of years, but never produced the like. It is plain that this scheme originates from a superior intelligence, one able to carry it through without the petty safeguards on which man is sure to stumble, able to infuse into his work a life that knows no death, and a beauty beyond earthly perfection.

Moses wrote the Law in ten commandments, but Jesus wrote the new Law in one, "That ye love one another." As men ap-

proach the required standard the more they realize its comprehension and the vastness of the plan, reaching beyond all human limits in both directions, too deep for man's art, and culminating in a way he cannot understand for the want of both faculty and knowledge, in a way that pleases no vanity of the flesh. "Eye hath not seen, nor ear hath heard," is all he knows. It is the work of God.

A great many doctors are what the world terms unbelievers. I would rather be in the doctor's place than in the world's place. In a great city the traveler with counterfeit money fares far worse than the one with an empty purse, capable of holding good coin. No matter where his lot may be cast in all the earth, the natural method is ready to employ him, or his brothers who are not doctors, and pay them every day the largest wages a laborer ever received in good coin, that will pass in earth or heaven.

Nature gives us the exact truth in so many ways that we are prone to esteem it lightly, or neglect it all. Theory picks us up at "the forks of the road" and sets us away ahead in the wrong direction, and loans us her trumpet to blow. But the natural method quietly reads the sign boards, sets the facts down in a line and takes the right road and step by step plods on and on. The discord of the trumpet grows fainter until it is lost to the ear in the fogs of the far behind, and the way is cheered by the songs of birds and low of kine.

The natural method is able to explode all theory at a touch, but there are so many theories that the time is misspent. If one lays in our way it is best to strike a match and fizzle it out; they never explode with any degree of violence; the explosion never hurts anyone, not even the man in it, or if he has it in him, the fizzling operation wonderfully relieves him. It is the multiplicity of theory, without any natural method of dealing with them, that so entangles our feet in nature's path, and especially in natural theology. We should disregard all manner of sophistry and apply the scientific method to every question we have to deal with.

Theory has slain its thousands of millions. It is an unmitigated curse upon mentality. It betrays us and disappoints us on

every hand, without affording the least compensative benefit. It is a crime to deceive our brother in any respect, but we may play with theory a while and be deceived and no particular consciousness of guilt attach to any one. Theory is like a machine that does wholesale work without soiling the operator's hands. But is it possible to deceive God, the eternal intelligence that holds the universe in co-ordination?

Law is a wonderful thing, implying a willing obedience. The inspiration of all this is God, the living executor in all nature. Law is dead without an executor. Mind and each of its attributes, government, natural order, motion, power, balance, stability, light, heat, sound and love, as a deathless principle, are some of the sure evidences of a PURPOSE that embraces all. Each one of these things faithfully traced in a natural way originates in the Maker of the law, the Author of harmony, the Executor of all things.

Then there are some general views no less convincing. One of these is natural environment, or the surrounding of a helpless thing with everything it wants, the constant supplying of new wants, proving the Universal Fatherhood in a substantial way. All through life and down to the moment of evolution the creature may not say "I am forsaken."

The natural method is like Jacob's ladder; the big end is anchored at the top. It stands on its top. It cannot fall, for its footing is at the top.

Sometimes the cook forgets to put salt in the bread or sugar in the coffee, and you cannot help thinking about it every time you taste it. The medical practice of the various schools is a parallel; you cannot help thinking that something is left out every time you try it. Then there are strange flavors, showing that efforts have been made to render it palatable, and you feel afraid of what has been stirred in.

They have actually left the sugar out. Put it in and leave out all the uncongenials and things will be like they ought to be. Add the natural method in with the ground principles of

any of the various systems of therapeutics and the principles will work and success will be attained. Or we may leave the principles out, and the method will work alone. You know how good sugar is by itself. Though principles are a very useful thing, and everybody ought to have them. The various outfits oppose each other, and so prevent the centralization of power, and the world from going crazy. We never had an outfit, and so never had a chance to be on "the one and only" side of anything. We love sugar better than politics, and thrive on it very well. If we ever have any particular use for "principles" we shall look to the natural method to furnish them.

It is all perfectly right for the world to be divided, and especially for "doctors to differ," but it is also right to comprehend the reason and use of the divisions. A great army is divided into regiments and companies, yet every regiment and company recognizes one commander, and his methods of dealing with the enemy. And it is a fact that all our divisions do recognize the one thing—Nature—as in authority above them next to the Supreme. We are all on Nature's side in the struggle against disease, and the divisions among us should not be a source of strife, but of emulation to greater fidelity and alertness, that we may bring honor to our flag.

BEGIN LOW.

"How do you account for the instinct of the ant?"

We do not account for it, but simply observe it. Also we observe the ant. The same that accounts for the ant may also account for its instinct. The natural method traces the ant and all animated beings to human limits and faith and reason discerns the Creative Power. But why do you not ask more practical questions, as What pathological conditions may nerve tension induce? There are many of these troubles, and they are all subject to investigation with our five senses, all strictly within our field, and great benefit will result from such investigations.

"Yes, but why do you say that faith discerns a Creative Power?"

It is perfectly natural and reasonable to do so, because there is such a thing as faith, and it seems to be for this very purpose. If there was no such a thing as faith, and we come to scientific limits in this way, with no natural provision made for us to look beyond, how quickly you would notice the breach and be ready to declare that as we know of no such natural provision, there is none. The existence of faith is as strong an evidence of its Creator as the existence of the instinct of the ant is of the ant, and also that *provision* has been made for faith in realms beyond, for it could not be that of all God's works this should be the only abortive one.

But we should begin low down and settle a thousand little questions that are present in every-day life. To climb a ladder we step on the bottom round, then the next and so on up. If we begin at the top we have to travel head downwards, not a congenial attitude, and the progress is in the wrong direction, and nine out of ten will suspend themselves in some theoretical cob-web and fall headlong, but to begin at the bottom and ascend in a methodical way not one out of ten thousand will ever fall. But why do you not ask the quickest way to bring the system under the influence of double sulphide and settle some minor questions first?

We know that water requires no digestion and is absorbed from the stomach in a great measure directly into the circulation in a few minutes, so if we stir 3 grains double sulphide in a glass of water and take the whole at one draught, we will have the entire organism under its influence in less than half an hour. Then we note the effects produced and are aware of what produced them, and how it produced them, and in this way many a mystery will disclose its secrets. We can actually change many unknown conditions to the known in a few minutes, then as we are aware of what changed them, the chemical reactions that took place in the bowels and blood, we are consequently aware of the toxins that produced these mysterious conditions, and such conditions are mysteries no more.

"The new Field says that congeniality is like the grace of God. How do you excuse such an expression?"

That lays half way up the ladder, and betrays a restless impatience to reach the top, also a firm faith in the ladder, also that the ladder (method) is by The Grace of God. Congeniality is that treatment which answers all natural requirements, that which harmonizes with nature's efforts, producing natural results, exactly like the Grace, that supplies all our shortcomings, all we lack in the struggle against the toxicity of sin. But why not begin nearer the ground and ask, how does Epsom salt cause the absorption of cicatricial tissue and other abnormalities of growth?

Natural tracings show that the life power carries with it an architectural design having features, metes and bounds, and builds the body in conformity therewith, if the materials are on hand to do it with, and if a reasonable opportunity is allowed for the work. If a trauma occurs she sets about repairing the damage done in strict conformity with the original design, a greater physical activity is displayed in the locality of the trauma. Inflammation and toxic influences are plainly visible in opposition to her work, but she quietly perseveres and pushes her repairs from every side, the more to contend with, the thicker and stronger the columns advanced, riding over and encysting many an obstacle and closing the breach more firmly than the natural skin around it. The tracings on Epsom salt show that it has antitoxic, antiseptic and nerve stimulating powers answering every natural requirement, and experience shows that under an application of weak Epsom water ($\frac{1}{2}$ to 1 oz. Epsom salt to 1 pint of water), natural repairs will progress rapidly in strict conformity with original architectural design and the encysting of obstacles is avoided, and the columns of repair meeting with no obstruction are of only normal strength and thickness and scar tissue avoided. Experience also shows in conformity with the tracings that applications of Epsom water will neutralize and dissolve out of an old scar all these encysted matters, and invigorate the local nerves to remove the scar and use its tissues elsewhere in the body.

"How do you account for original architectural design? You

do not mean to say that natural things result from anything but nature?"

We do mean to say that natural things and nature herself result from The Intelligence that spoke them into power, The Author of the design.

That all living germs are at one stage of their development exactly alike, is a put up job on Brother Man. Such a thing never originated in America, but in the hot-beds of theory across the waters. Natural tracings show that there are no two kinds of germs alike, and the differences are discernible. But if differences were not discernible the natural method shows that they do exist, for the method is a means of widening man's powers of discernment. The moment germ development begins the evidences of an unseen architectural design are present and continuously present through life, and are traced, step by step, to The Intellect previous to all terrestrial life. If we begin at the bottom of the ladder and step on every round, in our ascent, we will be where we get to, and will have the ability to tell how we got there, and to maintain the position. Theory would presume to pick us up and set us higher than the top round of the ladder or anywhere except on the bottom round.

Our platform is WE ARE IN THIS WORLD EACH WITH AN INDIVIDUAL DUTY TO PERFORM. The word *duty* means personal obligation, accountability and our part in a great PURPOSE everywhere displayed. The word *duty* acknowledges the Power that planned it all, and the right to impose duty and government on all concerned. The natural consciousness of accountability and of duty is the confession of the knowledge of a great purpose, and that is faith. Faith is the product of nature; it blooms in these low fields to ripen on eternal hills.

But why do you not ask about alopecia? The doctor that can make hair grow on bald heads will make a fortune, and as he studied out this mystery, it will give him a taste for other mysteries and the fortune will give him leisure to devote to study, and he will be happy and wise and useful, and may fill the design he was tagged with at the start. Can you not make a congenial mixture of the various dermal stimulants, so that neither drug will

be in proportion sufficient to cause overstimulation, yet the combined influences be powerful enough to sprout the hair germs, if there be any to sprout? Aqua ammonia, Sanguinaria, Capsicum, Jinger, Myrrh, are compatible and might be so proportioned as to give the proper amount of stimulation when applied to the scalp. Our Rubifacient on page 153 of second edition of The New Field is the most powerful stimulant we know of, without vesicating tendency. The influence lasts a long time, and it may be the ideal, and yet containing none of the above drugs. There is a fact concerning alopecia generally overlooked. The skin on bald spots becomes thickened, and the spiral pores become straighter than natural, giving a spongy, catarrhal feeling to that part of the scalp. There is also less than normal sensitiveness in the scalp of bald spots, showing that some of the nerves have perished and the remainder perishing. These facts indicate the use of Epsom water, to thin the skin and invigorate the pores, and revitalize the nerves. How would a little hyposulphite of soda to invigorate the glands be in the Epsom water? Also, how would a little chlorate of potash do to add, to assist in revitalizing the nerves and hair germs? The time of the year has something to do with it; if the treatment is begun in August or September, when the hair on all animals is putting forth a more vigorous growth, preparing for winter, the success will show up in two to six weeks. But the rule is the same as in everything else. *Begin now and stick to it until you succeed.*

"I thought that there was a time when all germs were exactly alike."

No bacteriologist ever said that. There is a great difference in the germs of the different kingdoms, and also in the species belonging to each. The prominent differences are not remarkable, for we are expecting them, while a few species may resemble each other so closely as to be very remarkable. The time when "all germs are *exactly* alike" is just before the architectural design calls the elements of the plasma together for a *purpose*. The material part is all there for the creation of all germs, all in the hands of the Designer, ready to be stamped. The necessity of the Designer is as apparent as his work. A *purpose* is undisputed evidence of the

Will Power behind it, the same that law, that is being executed, is evidence of the Executor.

But why not ask what a person ought to take every morning before breakfast in place of the "morning dram" to give him a chance to live his time out and be healthy and happy? It is a long time from supper to breakfast; the supper is digested and gone out of the stomach by 11 or 12 o'clock, then from that time until breakfast the stomach is secreting toxic matters from the blood, for the blood of man is always toxic. "An empty stomach" is one-third full of its own secretions, more or less toxic, and to neutralize these toxins that have accumulated in the stomach for the last six or eight hours before breakfast is what Burggraave did, though that was not what he was trying to do. A laxative effect on the bowels is what he desired, and the effect of one teaspoonful of Epsom salt every morning was better than he expected. From a very weakly person he soon became strong and healthy and died at the age of 98, avoiding all the helplessness and decrepitude of "old age."

He never knew what made the effect so much better than he expected. And no one ever found it out until the natural method had investigated Epsom salt, and shown its power to draw the carbon from a toxin, and neutralize it. The method had shown the philosophy of the circulation of the blood and what is to be certainly known of cell nutrition, and the necessity of the nervous magnetic power, and what takes place when this power is weak, and what becomes of nutriment when not taken by the cells, and that secretions from toxic blood are toxic, much more so than the blood from which they are drawn, and consequently why Burggraave was surprised at the good effects of his morning draft of Epsom water. But that is not all; the method goes on and shows that calcium is even more important than magnesium, and that in certain glandular derangements sodium is more important than either of the others, and that potash is more active than any other cell salt, and has an important office to fill in the organism.

It was a lucky hit to choose Epsom salt as a laxative, for it neutralized the stomach and bowel toxins. But it did not taste good and he wanted others to enjoy the fruits of his discovery,

though he did not know why the effects were so good. He said "It freshens up the alimentary canal." So he set to work to make it taste as good as the effects, and made another lucky hit by adding sodium carbonate and potassium bitartrate, and if he had known the use of calcium and what the work was the drugs were doing in the stomach, he surely would have added it.

Sulphur is one of the natural defenses and may be added; the drugs may be sulphurated instead of acidulated, and the most elegant mineral water prepared in this way. We have used 3 to 5 grs. double sulphide in a glass of water, before breakfast, drink within an inch of the bottom, and fill the glass up with more water, and after breakfast drink as before and fill up the tumbler again, and so on all day whenever we want water drink from the glass and fill it up for next time. Make it fresh every morning. In this we have the calcium, magnesium and sulphur, but no sodium or potassium, but when these are indicated we add sodium carbonate or potassium chlorate as the case may be. It is not an effervescing seidlitz mixture, but a combination of cells salts, and should be proportioned according to the case to be treated. It is a grand prophylactic; no one will contract a contagious disease while using it. It cures typhoid fever in one day. That is, if you begin in the morning with double sulphide mineral water as above (4 grs. double sulphide in a tumbler of water), let the patient drink what he requires, say about once an hour or so, and after each drink add 1 gr. double sulphide and fill the tumbler with water. The fever will not rise in the afternoon, and the patient will need no dovers powder, and will be clear of fever in the morning.

There are complicated cases of typhoid, pain in the head and bones, a chill, derangement of the bowels, etc., which require additional treatment. The pulse will generally show nerve tension and this should be previously relieved. Veratrine and Epsom sponge bath, applications, etc., will relieve it, then the invasion yields to the treatment.

"It is supposed that in the absence of microbes there could be no disease, and consequently that microbes are the cause of all disease."

Things are as they are, and when the microbe causes disease, he is the cause of it. Invasion is a disease, but enervation is another distinct disease. So are all the natural symptom producers. A microbe is not necessary to retention, enervation, trauma or poison. Some have thought on the other extreme that the microbe is necessary to health, because when you sterilize the food and air so that a microbe may not breed in it, the blood cells refuse to increase as well, the conditions not being normal. But why do you not think about more practical questions, such as chronic constipation, etc.?

We made some natural tracings on a very stubborn case of constipation, and the tracings showed an extremely vigorous condition of the absorbent ducts, or lacteals, of the intestines. Observation of the patient's dietary habits showed that less than the average quantity of fluids was being taken, very much less. We reasoned, therefore, that if plenty of water should be absorbed from the stomach into the blood, that the nerve power would not make such great requisitions on the lacteals for fluids, and the feces would become natural and less irritating, and impaction would be avoided, so trial was made of the indicated treatment in two cases. Great quantities of water were taken between meals, and the result was that the pores of the skin became very much relaxed, and the perspiration poured off the patient and dripped on the floor, and so depleted the blood of its salts that the patient became weakened, and said lacteals worse than ever in their determination to dry out the alimentary canal. There was a screw loose in the tracing or reasoning.

We took the matter to Dr. Edward Strecker of this city, and in less than one minute he discovered that we should have invigorated the glands with some of the soda salts (Hyposulphite) at the same time the water was ingested; also small doses of strychnine to enable the nerve power to handle our logic and drugs in an economical way. This emphasizes our saying, that it is necessary to meet *all* the natural requirements at the same time.

"I have read the opinions of eminent men, that alcohol is a food of great value to the sick, and of course I reason that if it is of value to the sick, it is of much greater value to the well."

The reasoning is correct, but the premises you start from are false, and therefore the conclusion is false. Alcohol is the product of the decomposition of foods, and putting it into the blood is the same as if nutriment should decompose in the blood. It deranges the system, incapacitates the mind and constitutes the most apparent and real deviation known to science. But why not think about *regularity*, habit and tolerance? Is it best to give our drugs in regular routine for any considerable length of time? Will not half the medicine have a better effect if taken at irregular intervals? The old-time doctor not only changed the intervals, but also the drugs; he gave lobelia a while, then ipecac, then screwed up the nerves with quinine to the last notch, then spoiled it all with calomel and jalap, and was ready to go back to lobelia and ipecac where he started if the patient would permit. But generally these physical outrages had nettled the nerve power to supreme effort, and convinced the patient that he should try it a while alone, and all turned out well. Now, when we learn better the true indications in disease, we forget the irregularity and get the patient into the dose habit, and the results are no better, and often worse than none.

The meeting of indications in disease is the legitimate business of the doctor, and requires all the knowledge and skill he can possibly gain from every source to enable him to do so. It requires the closest attention, the very opposite of the routine treatment. That great panacea for all human ills, which has been vainly sought in seas and lands, has at last been found right at our doors in every land under the sun. It is *The Doctor's Skill*.

"Are not natural means superior to drugs in the treatment of disease?"

All means are natural when directed by the doctor's skill. There is a great disposition to tie ourselves down to only one way of thinking, to only one system of medicine, and so confine ourselves to one little spot in the great domain, like a brute tramps round and round the stake that holds him away from the most glorious pastures that ever bloomed, and all the skill he ever learns is in winding himself up in his own chain. All the best doctors claim the universe as their scientific field. They are

themselves with the light that emanates from distant suns, the invisible electric influence, the lingering magnetic power, psychic powers that come and go at their bidding, as well as the humble plants and minerals so widely distributed everywhere, and draw their inspiration from The Love that made it so.

This is not imaginary. There is a venerable homeopathic doctor, passed 70 years of age, a living example in mind at this moment, Dr. D. G. Curtis, of this city, who has taken Dr. Brodnax's vacant place in the advisement of this work. The skill of the man is wonderful. No one who has any skill is ever afraid of having it taken away from him. The treasure is locked and the keys are hung up in the stars. But by natural methods are easy to reach, and the man of skill is pleased and delighted to see his brethren take down the keys, with leave or without, and throw the doors of his bank wide open and roll the treasures out. But we ought to be thinking about more practical things; for instance, "*forced feeding.*"

"THE MAGNESIA HEART."

Truth is a positive quantity, and falsehood, the negative element, is made to represent it, to imitate it in order to supplant it. Truth is the soul and life of all nature, and the most beneficial thing in nature. Falsehood is the life essence of nothing, of no benefit, but induces a woeful loss in many ways. Truth and falsehood are presented together, and made to look exactly alike, and it is only by their fruits ye know them apart.

The truth is, that straight, honest work produces benefits to the community, and that the producer of benefits will in some way reap a just reward whether he seeks it or not. It is our business in life to produce benefits. It is the business of us who receive benefits to render due compensation therefor. All the inequalities we see around us are produced by selfish greed, proceeding on a thousand theoretical suppositions having no foundation in truth. Every evil in the world proceeds on some kind of a theory. Evil

is impossible without theory. Evil is a deception, and theory is the tool, the factor, that produces it.

The time has come when we must solemnly question the truth of every problematic supposition put forth and apply every natural method to determine its position in the great contention being waged between right and wrong.

An eminent authority asserts that Epsom salt is an anesthetic, and quotes Dr. Meltzer's discovery as proving it. Then he goes on to reason, on grounds which do not exist, another unreasonable thing, viz., that while nerves are paralyzed by Epsom salt (a thing which never paralyzed a nerve), that the magnesium and calcium thus left unused in the parts proceed under the most subtile electric influences to form an electro-plating of these paralyzed nerves, and even forms concretions in the parts.

Then from this he proceeds to explain heart disease in the same way, and the coal tar increase in heart disease as being a magnesia increase, while the fact is that if his reasoning is correct, the heart nerves must be paralyzed to start with, and the plating, if done at all, must be done in a dead man, and by a drug which never has produced paralysis, but often cures it.

The time he goes back to for comparison with the present is that good old time when all physicians believed in Epsom salt, and cured paralysis, heart disease, and with the liberal use of bitter cetraria to raise the nerve power, actually cured real consumption and all other enervations. This good time, when good men sought the real truth for truth's sake, he contrasts with the theory blasted present, when bad men love it not, and suppress it for the sake of gain, and the difference in these two different times he attributes to the use of the very thing that produced the decrease in the virulence of disease in the olden time, the thing used more then than now.

✓ Nature lets us do just as we please, but she is the same throughout. Epsom salt and cetraria will cure real consumption today same as then; also heart disease, sclerosis, rheumatic affections, paralysis in any curable stage, and by cutting down the diet enough to induce a starving condition of the cells this treatment will cure the lithic diathesis, deposits and ankylosis. Use Epsom

salt liberally, outside and inside, and use moderately good sense in meeting every phase of a case and you will cure that case, and when everybody does so, like they did in the olden time—the best they knew—the good times will be restored.

It seems curious, though, that the one who tries to injure the fame of Epsom salt will quote the man who claims more virtues for it than it possesses.

Calcium and magnesium come into the system together and leave together by the same means, and when the nerve power is too low to utilize them, under certain conditions, they are deposited in the tissues, which offer the greatest resistance to the circulation. The deposition is purely mechanical, like the deposit of mud in the drift of a stream.

He claims that Epsom salt is an anesthetic, paralyzes nerves and obtunds sensation, while the fact is the very opposite. Apply a strong solution of Epsom salt to a painful part; the pain is gone in a few minutes; now insert a needle down through the application into the tissues where the pain was, and you will find these tissues very sensitive, the nerves very active, even what might be termed a slight degree of hyperesthesia. The application has waked every nervelet to the keenest sensation.

It has been well known that plain water injected would produce anesthesia, and now Dr. Meltzer discovers that Epsom salt dissolved in the water does not prevent it. Why should anyone contend from this that Epsom salt is an anesthetic? The stroke of a club across the spine, a fall, injuring the spine, a gunshot wound or any kind of trauma affecting the spine may produce anesthesia of the parts that receive their nerve supply below the injury, but that does not show that the club, etc., are anesthetics.

True anesthesia, produced by true anesthetics, affects the nerves above as well as below the point of injection, and falls in a different class. It is medication when purposely produced (poison if an affection to be treated), while anesthesia from water or water and Epsom or by any means named above is a *trauma*. Natural methods of reasoning will straighten everything out. The man who undertakes to show that Epsom salt has anesthetic powers and nerve plating and other dangerous properties and powers, and

so defames the most congenial, the most useful drug on earth, and wipe The New Field (my first book) out of the language, without applying New Field methods of determining truth to his own productions, is playing with danger, like a boy with a buzz-saw. How many thousand animals and human patients will be made to suffer spinal injection, with its evil after effects and dangers, all for the lack of five minutes' reasoning by New Field methods.

If there ever shall be any concretions deposited in the solar plexus, as he imagines, the application of Epsom water to the skin, and a tonic treatment will be curative. There will never be a concretion deposited when the nerve power is up to the requirements for health, and when it is below that point, the condition may as well be manifested in that way as in any other. The remedy is Epsom applications to the skin, and the raising of the nerve power to normal sufficiency, etc, restriction of the diet to a point below the requirements of the cells, so that the deposits will be drawn upon for support. In a starving condition deposits are drawn on first, then the fat, then the teeth and bones, then the other tissues, though all the tissues are drawn upon to some extent at the same time. And in every case the skin should be stimulated to excrete waste, and that stimulation is best done by warm Epsom sponge bath, given once or more daily.

The doctor has just heard of eye strain and osteopathy, and thinks that more than half the people are poisoned with magnesium, when less than one-tenth of the people ever took any magnesia, and not a single one who did take it experienced any bad effects from it. In sclerosis, he thinks that the *small* amount of magnesia deposited with the *great* amount of calcium in the vessel walls is responsible for the entire deposit. What could make him think so?

He also attributes pneumonia to the use of Epsom salts or Magnesia. With the early and persistent treatment of pneumonia with Epsom water sponge bath and constant applications of the same, or a stronger solution to the thorax the mortality does not exceed 1 per cent. If the disease results from magnesium poisoning, as the doctor would have us believe, the mortality under

magnesium treatment would exceed the regular hospital reports of 35 per cent. Lime, in the form of the antiseptic sulphide of calcium and magnesium, is the ideal treatment, as internal medication in pneumonia, both sulphides acting in the same way, viz., by drawing the carbon from toxic compounds in the blood, which compounds are partly carbohydrates, like the various acids, alcohols, etc. Magnesium has a dynamic affinity for carbon, while calcium has a prolonged and much slower action. These toxic elements irritate the nerves, cause nerve tension and consequent congestion, which the magnesium alone is able to prevent, but is greatly assisted by calcium. Some old writers put it down that "broken doses of Epsom salts render the blood alkaline," and the above is the way in which it is done, the same as any alkaline base breaks up an acid compound.

There are four principal metals concerned in the construction of the heart as well as of all the tissues, and magnesium is one of these metals, hence it is not entirely improper to term the heart in health or disease "The Magnesia heart." When the heart is laboring intensely—"heart disease"—the Epsom sponge bath, given warm under cover, relaxes the capillaries and relieves the heart; it is assisted by veratrum in relaxing nerve tension. And no matter what the condition of the heart, the Epsom bath fulls the pulse, increases the surface circulation, opens the pores of the skin and energizes the dermal nerves and glands.

There is no other remedy in the whole *materia medica*—so entirely congenial and so universally beneficial as Epsom salt. Magnesium is a true constituent of every tissue in the body, and cannot injure the body any more than leather can injure a shoe. A constant application of Epsom water to a wound or fracture heals it in the shortest possible time, showing that magnesium favors and secures nerve energy and activity. Close a knife cut perfectly, so that it will heal by first intention, and then take a lacerated saw wound of equal magnitude and dress it with an application of Epsom water, and keep it wet, or at least damp, and the saw wound will heal in about the same time required for the cut to heal, showing that Epsom treatment is positively congenial and beneficial, never paralyzing.

A man may proclaim a great discovery in the most scientific parlance, and nine out of ten will believe it and quote him in their arguments. Put his great discovery to actual test and it turns out to be false in the majority of cases. For instance, he may say that the water deposited on the window pane is from the outside and not on the inside as generally supposed. That the negative oxygen on the outside combines with hydrogen attracted to the glass by the "peculiar" electrical conditions induced by the difference of temperature on the opposite sides of the glass, the efforts of nature to produce an equilibrium being obstructed by the "peculiar" nature of the glass, and hence the formation of dew drops on the outside of the pane, forgetting that it is simple condensation and nothing more. Men become greatly interested in some points brought out, and begin to speculate in a "peculiar," crazy way on the positive discovery of why the negative is always manifested on the opposite side of the glass from the positive, and how water is formed, and with the atmosphere as the glass how rain must necessarily be the consequence, and as the air is subject to all manner of "peculiar" gyrations, hence "molecular motion" in the glass, and hence molecular motion in all things, especially in diamond, by which the glorious scintillations are thrown off, and the loving eyes of sweet woman are made to sparkle more than the diamond in consequence of the boundless ecstasy in her "magnesia heart." And in consequence her dutiful husband is so peculiarly delighted that he opens his purse and buys the gem, and the dealer makes a handsome profit which enables him to supply more magnesia for his own heart. And so the reasoner goes on perfectly satisfied of the correctness of every step, losing sight of the false proposition he started with, and if his position is disputed he sets himself to support it, and not to establish the truth, for truth's sake. He leads his opponents to his ice house and shows the drops actually on the outside of the pane; he fills a pitcher with cold water, and with admiration and enthusiasm they all observe the "*wondrous creation*" of the drops that trickle down its sides, and all become satisfied that the false is true, and that theory is the means of man's salvation.

About forty years ago the writer made two discoveries in one

year. One was that fruits, etc., decay in the night; that the process of decay begins in the night. This great discovery proved not to be true, and was not worth one cent to any one. If true, it would have revolutionized the science of light, and would have been worth untold millions to the world. Following natural methods, he proved it to be untrue before it passed the threshold of his own lips, proved that rather the reverse of the discovery was true.

X The other discovery was that there is no such a thing as "quicksand," but what is termed quicksand is simply a light fine sand with an unusual amount of mica and talc, or other minerals of little or no specific gravity, in the presence of water. Any sand of such composition saturated with water is "quicksand," and that it is just as well to say quick water as quicksand, and even more so, since if the water be taken away the sand becomes solid as any other kind of earth, but if the sand be taken away the water still preserves its fluidity. This discovery is true, and though ridiculously simple, it was worth thousands of dollars to the Roanoke valley, where a great number of miry places existed in the public roads. Forty years ago the writer drew off the water from one of the most dangerous "sink holes" in the road from Jackson to Windsor, making it perfectly safe, doing the work in three hours, where other men had labored day after day bridging and corduroying in vain, because they did not understand what they were dealing with. This discovery, lacking all the element of scientific brilliancy, was communicated to his neighbors, and immediately all the quicksands on the public roads were a matter of the past. But the former discovery, though having the pleasing element of novelty, was hushed and laid away with the rubbish of "Darwin's facts." The traveler safely spinning along the stretches of level roads dreams not that scientific research has ever been displayed beneath his wheels, or that the beautiful spring that plays over the white pebbles below the road is a monument to the natural method of finding truth in nature's tome unblotted with printer's ink and man's deceptions.

The natural method of reasoning is what Adam used when he named all the animals, and chose a wife, without a single mistake.

We have told it over many a time and will tell it over and over every day we live, in hope that all men will see its advantages and go back to first principles. The method which has brought us such phenomenal success is, Get the *real facts* about a thing down on a sheet of paper, then look these facts over, and determine the relations that must exist between them. These relations, if rightly determined, are also facts; set them down with the facts, and look the list over again, and try to discover all the relations that do actually exist, and when you come to a point where you can discover no further relation, these facts will constitute your premises to reason from. Then every step in your reasoning from actual effects in sight backward to that which produced the effect must be submitted to actual test in practice, and if found to be unsuccessful there is something wrong with your facts; they are like Darwin's facts, not facts at all.

It is the province of a child to make observations and fully take in his surroundings and store his mind with the fundamental principles in nature. But we have so wasted all the long bright days of our youth in filling our brain with the spider webs of theory, that the word, *fact*, is almost incomprehensible to our senses. We do not seem to understand that a *fact* is a truth, and must always be successful; that it is the opposite of theory and deception and failure.

It is very important that we put our facts, as we suppose them to be, to the test and know whether they are facts or not. It is not sufficient to make what we might call a natural tracing and depend on it, though it is perfectly dependable if made right. But how can we know that it has been made right? We must try it and prove whether it is right or wrong, and correct our own errors until success proves our facts to be facts and our tracings correct.

We might start with the blacksmiths and philosophize on the similarity of their ways, and conclude that they were all brothers, that their mother was an older sister of Venus, that she cooked for her boys in a big iron kettle, set on a big iron stove, and lifted the iron lids with an iron lifter, and poked the fire with an iron poker, and took up the pottage with an iron spoon, and made

the boys eat with iron knives and forks; that she washed the clothes they wore in another big iron kettle, and hung them out to dry on a galvanized wire, and so disposed her boys to work in iron. That her husband's name was Pluto, who kept eternal fires burning and loved the smell of burning coal, and the boys could not help being blacksmiths.

But what account is such a wonderful strain of reasoning? Yet little account as it is, it is better than our author's reasoning on the magnesia heart, for it has a blacksmith to start with, while our author has nothing in sight to start with. To start at all, he must find at least one magnesia heart, or at least the resemblance of a plated nerve, or a single individual that ever hurt his health with Epsom salt. And if he could find such a case, he must trace it as it is, to the low nerve power always present in the sclerotic and lithic diathesis and to overloading the blood with nutriment, or do violence to reason and common sense.

THE NIGGER IN THE WOODPILE.

When *The New Field* was written we had no idea of making drugs to sell. We recommended the "A. A. Co.'s" alkaloids, saline laxative, etc., and still recommend them. When Part I of that book was published it contained no list of drugs for sale, but the book created a demand for the congenials, and to satisfy the demand we made arrangements with a drug manufacturing company to furnish them, and the drugs were delivered to them for compounding the various preparations demanded, and the prices at which they should be sold. No harm was intended, but we understood at once that the drugs would be made at no such prices.

There were orders on hand at that time from men who well knew that double sulphide could be made for 25 cents per pound and the cost of everything they ordered. They were men who spoke well of our work, and had been using the remedies in powders for perhaps a year or more, and wrote us that the book was

correct and the results true. No man in this Great Human Brotherhood can be extorted upon with our consent, much less such men as these. But we had no machinery for making tablets, and no time to do it if we had the machinery. When you are at your wits end be careful what you do, but go ahead. We ordered a tablet machine and all that pertains to it at once, and later another machine. We gave up the control of our nursery and twenty-five orchards and went to work with our own hands, and suitable persons have come in to help us as they were required.

We first made *Jatropha* extract in a six-gallon stone jar set inside a large iron kettle of boiling water. We made the proper strength by adding charge after charge of the green herb in this stone jar. It took all day to make four gallons in this way. One of our friends in Chicago sent us a steam apparatus that makes a barrel in a day with less work than was required to make four gallons in the old way. If we should need anything further we are satisfied it will be on hand in due time, and when it comes it will find us well pleased with it, and ready with the will power to "put her through."

Another company began the making of double sulphide tablets, coating them elegantly, but when they found that our uncoated tablets were by far the best, they quit and left us alone in the field.

A doctor in Maine writes: "I read your book with profound interest, not thinking of 'a nigger in the woodpile' until I came to your drug list. But he looks like a good nigger, so here goes my check for the first order. And if what you sell accords with what you say other orders will follow." Another doctor writes: "I have used your tablets for two years and do not see how I ever practiced without them," and incloses a \$15 order. A great many have written: "I cannot practice without your drugs." Old men retired from practice, who had taken drugs for their infirmities until drugging lost its effect, finding relief and a new lease on life and health from the use of the congenials, have written long letters that bring the tears to our eyes. One suffering with spinal disease, caused by nerve tension, wrote that he must die, but his work was not done. Bichromate of potash and vera-

trum relaxed the tension, and Epsom water application to the spine every night neutralized the toxins that made the tension, kept down every vestige of inflammation and gave ease and sleep and cured the spinal trouble and set him on his feet again with the power to finish his work. It was our tablets Nos. 3 and 5 which did the work.

The doctor said it was a good nigger in our woodpile. He is right; there is no other nigger like ours. Our nigger tries to be as white as he can, and if he was somewhere else you could not tell that he is one. He is not obliged to hide in the woodpile, like the niggers of the great manufacturing concerns, neither is he afraid of the officers like the coons in the medical trust; he never stole a chicken in his life and fears no one. It was necessary for him to take charge of the woodpile, we have use for him there, and what pleases us so much is that he feels his importance and will not associate with other niggers or the "common white folks," but will run to meet a doctor any time and calls him "Boss."

In this great human economy there is good work for everyone. It is only theory that comes in and tangles the threads and presumes to build a system of selfish ethics around the individual or sect or corporation, without reference to the Brotherhood at large. The noblest thing in human character is the desire to benefit those afar away, self-sacrifice, generosity and sympathy. If the very opposite of these good things shall be exalted as ruling principles, the powers of darkness must have it all their way. The idea that the doctor must receive his supplies from some great establishment run on theory at tremendous cost, all to be paid by the doctor, who has no vote or voice in the concern, and must use the preparations he does not understand, for they purport to be made by "special process," and not be allowed to know as much as other men know, and so, in a sense, become the property and subject of this theoretical concern, in duty bound to pay toll, tribute, tax and excise, is the most humiliating condition ever described, and the nigger in it all is the blackest.

Secrecy is the patent acknowledgment of the desire to gain an advantage over us, in open disregard to all fraternal bonds. If

it were possible to imagine a man that had never received anything from others, then it might be possible to imagine that he owed no one, and that he might have a theoretical right to conceal what he knows, but it would be impossible not to mark the selfishness of the character, the fraternal treason and open rebellion to nature and the advancement of science. All as if the artist finished the picture and wrote above it, "SELFISHNESS, or the lack of every human virtue." If it were not for our little nigger, our work must be left to the mercy of the character that has no mercy. If we allow our calcium to be deprived of the sharp alkaline sting on the tongue, and everything soluble to be leached from our chalk, and to have our sudorifics and stimulants totally destroyed by incorporated anodynes, then our work is a failure, and we might have been the servant of theory as well as truth, and the obligations we feel toward our brother man will never be satisfied; he will reap no advantage for all the benefits conferred upon us. "Our work is not done."

But the little nigger laughs, and understands why he must stick close to that woodpile; he knows who to call "Boss," and the Boss knows why he is there, and that it is not for the purpose of hiding, the way the big niggers hide. In introducing our drug list we wish to say that our "special process" consists in putting together what we want in perfectly dry powders the same that the doctor would prepare in chartae, and in keeping these powders dry all the time. So that when the tablet dissolves in the mouth or stomach it will have the same effect as a chart or capsule, each drug exerting its own peculiar effect, free from all previous chemical change. No one can have a special process of greater importance than this, and we challenge the scientific world and the unscientific to show up by the side of it. We have made it as simple as we can, and we give others leave to show as they please, because we have a method at our back able to untangle all kinds of sophistry and expose its simplicity, or foolishness, as the case may be. What the doctor has a right to know, is exactly what he has in hand and exactly the effect it will have when it reaches the stomach's laboratory; he has the right to this from and within his own mind, and not be compelled to take

the word of other men for it, otherwise how is he to reason on a case and draw any conclusions from his experience? We are not talking for our own little factory alone, but for all the good doctors who choose to make their own tablets and know their work from the foundation up. The division of labor is not a theory, and is very beneficial when faithfully carried out, but the division of knowledge, the division of the natural method is a humbug. The former is beneficial because it secures proficiency and skill, while the latter is not beneficial because it baffles reason and precludes advancement and scientific progress; it would even prevent us from appreciating skill at its real value.

So our little nigger makes his bow to the Boss with more politeness than it is possible for a big nigger to show, and we are surety for his sincerity of purpose, obedience and good behavior.

TABLETS.

The plain indications revealed by Natural Diagnosis cannot be fully met with drugs in common use. The results we get cannot be obtained by any known line of treatment with any kind of drugs as manufactured in the shops today. We were forced to make our drugs, and we do not intend to quit.

DOUBLE SULPHIDE and principal COMBINATIONS. In Tablet form, by mail prepaid. See No. 12 and No. 13.

X No. 1.—CELL SALTS.—Double Sulphide $\frac{1}{2}$ gr., Calc.

Phos. 1-7 gr., Soda Sul. 1-28 gr., Potash

Sul. 1-28 gr., Potash Bichromate 1-57 gr.,

Licorice Root 1-6 gr., Poplar Bark 1-6 gr.

Reconstructive, antiseptic, antacid and tonic.

For chronic conditions, low nerve power, wast-

ing diseases, dyspepsia, lack of assimilation,

etc. Losing weight is the main indication.

Dose: 1 every 2 to 6 hours. 1,000 in a box;

per 1,000\$ 75

- No. 2.—**VEGETABLE PHOSPHATES.**—Cell Salts from decomposed wheat bran 1-3 gr., Iron Oxide 1-32 gr., Manganese Diox. 1-32 gr., Double Sulphide $\frac{1}{2}$ gr. Tonic, reconstructive, antiseptic, nutrient. For all chronic conditions with low nerve power and loss in weight, poor digestion, and all weak, nervous conditions. Dose: 1 every 2 to 6 hours. 1,000 in a box; per 1,000. \$ 75
- No. 3.—**VERATRUM VIR,** $\frac{1}{4}$ GR.—Double Sulphide $\frac{1}{2}$ gr., Poplar Bark $\frac{1}{8}$ gr., Licorice Root $\frac{1}{8}$ gr. Capillary relaxant, lowers fever, strengthens the circulation by making the pulsations fuller and slower, relaxing nerve tension, while the tonic and reconstructive properties render the improvement permanent. Indicated in spasm, convulsions and all conditions with abnormal nervous tension and capillary stasis in congestion. Dose: 1, to be repeated according to indications for veratrum. 1,000 in a box; per 1,000 75
- No. 4.—**IRON AND MANGANESE.**—Iron Oxide 1-32 gr., Manganese Dioxide 1-32 gr., Double Sulphide $\frac{3}{4}$ gr., Poplar and Cherry Bark 1-6 gr. A red blood maker. Indications, paleness, blood poverty, boils, skin eruptions, inflammation, erysipelas, and all blood diseases. Dose: 1 every 1 to 4 hours. 1,000 in a box; per M.. 50
- No. 5.—**POTASH BICHROMATE** 1-30 GR.—Double Sulphide $\frac{1}{2}$ gr., Poplar and Cherry Bark 1-6 gr. The congenial antiseptic and germicide for all mucous surfaces, including that of the throat, lungs and pelvic organs. It is mildly emmenagogue, restoring regularity and healthy functions. Specific for croup, sore throat, tonsillitis, etc. One dissolved in the mouth and held two minutes once a day will harden the gums and clear the teeth of all concretions

- and scales in 3 or 4 days. In both constipation and diarrhea 1 tablet with 1 teaspoonful of Epsom water several times daily is curative. In croup the dose is one every 15 minutes for an hour, or signs of nausea, then less often, so not to cause emesis. 1,000 in a box; per 1,000\$ 75
- No. 6.—ANTI-RHEUMATIC.—Veratrum Vir. $\frac{1}{4}$ gr., Glonoin 1-250 gr., Wintergreen Leaves 1-30 gr., Licorice Root 1-5 gr., Acetanilid 1-6 gr., Double Sulphide 1-3 gr. Useful in many conditions. It relaxes nerve tension and stimulates at the same time. Cleanses the prima via, neutralizes toxines, makes a vast change in the conditions under which the vital influences operate, beginning in five minutes and lasting for hours and days! In this formula we have all the influences present to produce a radical change in almost any disease where nerve tension or pain is a symptom. Dose: 1 every fifteen minutes, until some effect, then less often as indicated. 1,000 in a box; per 1,000 1 00
- No. 7.—STRYCHNINE.—Strychnine Sul. 1-134 gr., Double Sulphide $\frac{3}{4}$ gr., Poplar Bark $\frac{1}{4}$ gr. This tablet is safe and congenial and is superior in tonic effect to 1-50 gr. strychnine alone. The cleansing and neutralizing properties of the double sulphide are energized by the strychnine and its tonic properties are doubled. Dose: 1 tablet every 1 to 6 hours. 1,000 in a box; per 1,000..... 75
- No. 8.—IRON, ARSENIC AND MANGANESE.—Iron Oxide 1-32 gr., Arsenic 1-100 gr., Manganese Dioxide 1-32 gr., Double Sulphide $\frac{3}{4}$ gr., Stillingia $\frac{1}{8}$ gr. A blood maker for pale patients. Indications: Paleness, chilliness, shrunken tissues. Iron oxide is the nearest thing we

- have to blood iron. Double sulphide assists by its tonic powers in its proper assimilation, and by its reconstructive principles makes the benefit permanent. Dose: 1 every 3 to 8 hours. 1,000 in a box; per 1,000.....\$ 75
- No. 9.—ANTISEPTIC CATHARTIC.—Double Sulphide $\frac{3}{4}$ gr., Aloe $\frac{1}{4}$ gr., Senna, Jalap aa. 1-3 gr., Wild Cherry Bark 1-10 gr. A congenial laxative and cathartic, mild as castor oil, with prompt and sure antiseptic effect. Dose: 1 as a laxative, 1 or 2 as purgative. If the alimentary canal is cleansed of its microbes and toxins, what is the use of a drastic purgative? 500 in a box; per 1,000 75
- No. 10.—COPPER SULPHATE 1-67 GR.—Double Sulphide $\frac{3}{4}$ gr., Aromatics $\frac{1}{4}$ gr. Astringent, tonic, germicide and nutrient. Indicated in all bowel troubles with microbic invasion. In diarrhea of fevers, dysentery, etc. Dose: 1 as often as the bowels move. 1,000 in a box; per 1,000.. 75
- No. 11.—ACETANILID AND DOUBLE SULPHIDE.—Acetanilid 1-3 gr., Double Sulphide $\frac{1}{2}$ gr., Veratrum Vir. 1-6 gr. This seems to be congenial in effect. It is the uncongenial coal tar product, guarded by two congenials, each of which enhances its effect. Illogical as this seems to be, yet if you use acetanilid at all, cleanse the alimentary canal, tone the lacteals, relax nerve tension, and one dose of this or any other analgesic will do as much good as five will do under unfavorable circumstances. Dose: 1 or 2 every 4 hours or as indicated. 1,000 in a box; per 1,000 75
- No. 12.—DOUBLE SULPHIDE.—Formula: Lime from Dolomite lbs. 4, Epsom Salts lb. 1, Sulphur lb. 1, Sugar oz. 3. Calcined together. Antiseptic, antizymotic, antidotal, cell food. The specific

- for invasion. Dose for adults: One grain every hour for 6 or 8 hours, then 3 to 6 times daily. It has cured measles, mumps, smallpox, gonorrhea, endometritis, typhoid fever and some other invasions in 24 hours. There has never been a relapse. No other drug required. It is a grand remedy in dyspepsia and all weakened conditions. 1,000 in a box; prepaid by mail, per 1,000\$ 50
- No. 13.—DOUBLE SULPHIDE in powder, per lb., prepaid 50 cents; 3 lbs. by express, not prepaid, \$1.00; in larger quantities per lb. 30
- No. 14.—AROMATIC CELL SALTS.—Double Sulphide $\frac{3}{4}$ gr., Cal. Phos. $\frac{1}{4}$ gr., Na. Phos. 1-20 gr., K. Bichrom. 1-60 gr., K. Sul. 1-30 gr., Fe. Ox. 1-30 gr., Mn. Di. Ox. 1-20 gr., Veg. Powders 1-3 gr., Gaultheria 1-30 gr., Po. Licorice q. s. The best tonic and builder yet devised. It represents all the Cell Salts, with enough double sulphide to control invasion and enough Cell Salts to cure all chronic enervations. Dose: 1 tablet every 2 to 6 hours. 500 in a box; per 1,000 1 00
- No. 15.—ASTHMA TABLET.—Veratrum Vir. $\frac{1}{4}$ gr., Pulsatilla, Creolin, Ol. Sassafras aa. 1-40 gr., Manganese Di. Ox. 1-10 gr., Double Sulphide $\frac{1}{2}$ gr. Dose: 1 to be crushed in the mouth and held in the mouth about five minutes before swallowing. Repeat the dose in 20 minutes if necessary. One tablet t. i. d. for a sufficient time cures the asthmatic diathesis. 1,000 in a box 1 00
- No. 17.—PINE BALSAM.—Double Sulphide $\frac{3}{4}$ gr., Calcium Phos. 3-7 gr., Soda Sul. 1-30 gr., Potash Sul. 1-30 gr., Potash Bichromate 1-120 gr., Pine Balsam 1-30 gr., Manganese and Iron Oxides aa. 1-40 gr. For spinal irritation,

nerve waste, to restore normal sensitiveness, anesthesia and hyperesthesia, all nervous disorders from irritation, lumbago, sciatica, rheumatic and neuralgic affections, stitches and stiffness of joints. Renews sympathetic energy. Dose: 1 tablet every 4 to 6 hours. 500 in a box; per 1,000\$ 1 00

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